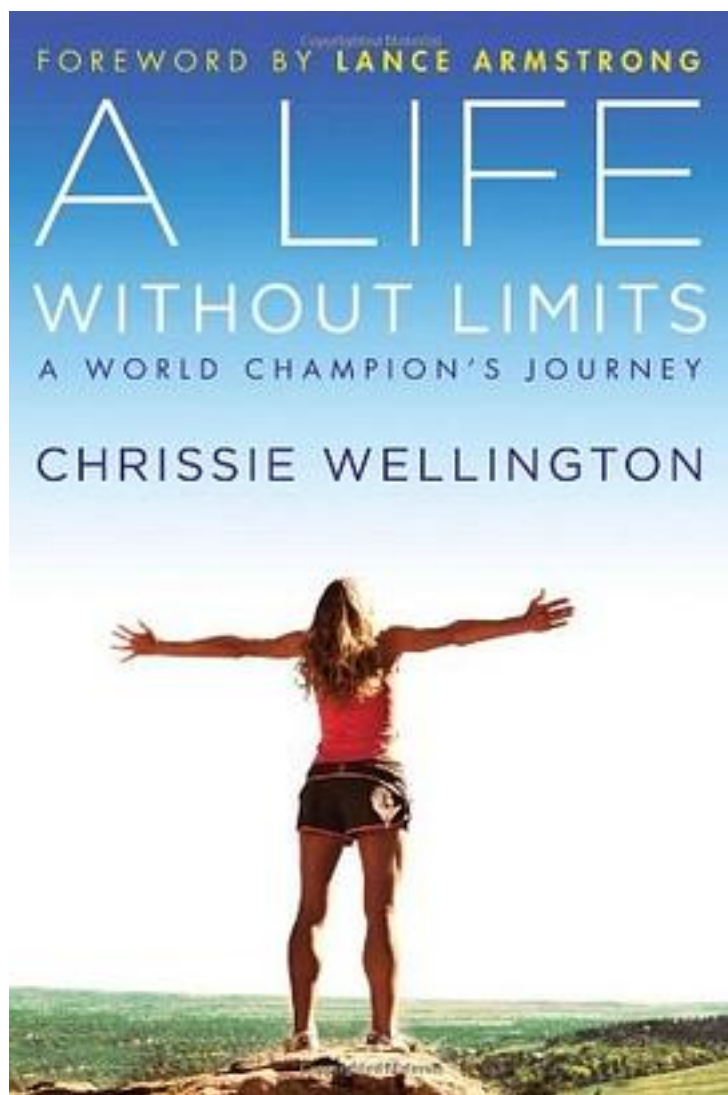


A Life Without Limits



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著者:Wellington, Chrissie

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In 2007, Chrissie Wellington shocked the triathlon world by winning the Ironman World Championships in Hawaii. As a newcomer to the sport and a complete unknown to the press, Chrissie's win shook up the sport. A LIFE WITHOUT LIMITS is the story of her rise to the top, a journey that has taken her around the world, from a childhood in England, to the mountains of Nepal, to the oceans of New Zealand, and the trails of Argentina, and first across the finish line.

Wellington's first-hand, inspiring story includes all the incredible challenges she has faced--from anorexia to near--drowning to training with a controversial coach. But to Wellington, the drama of the sports also presents an opportunity to use sports to improve people's lives.

A LIFE WITHOUT LIMITS reveals the heart behind Wellington's success, along with the diet, training and motivational techniques that keep her going through one of the world's most grueling events.

作者介绍:

目录:

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评论

Chriss不但是个天才运动员，文笔也流畅自然，对自己曾经经受过的挫折和胜利一样泰然处之。她最初开始接触三项运动只是为了减肥，而且几乎每次比赛都是带伤上阵的，在五年辉煌的职业运动员生涯之后，还能不忘初心，回归慈善事业，真是一分钟也没有虚度的青春。

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书评

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