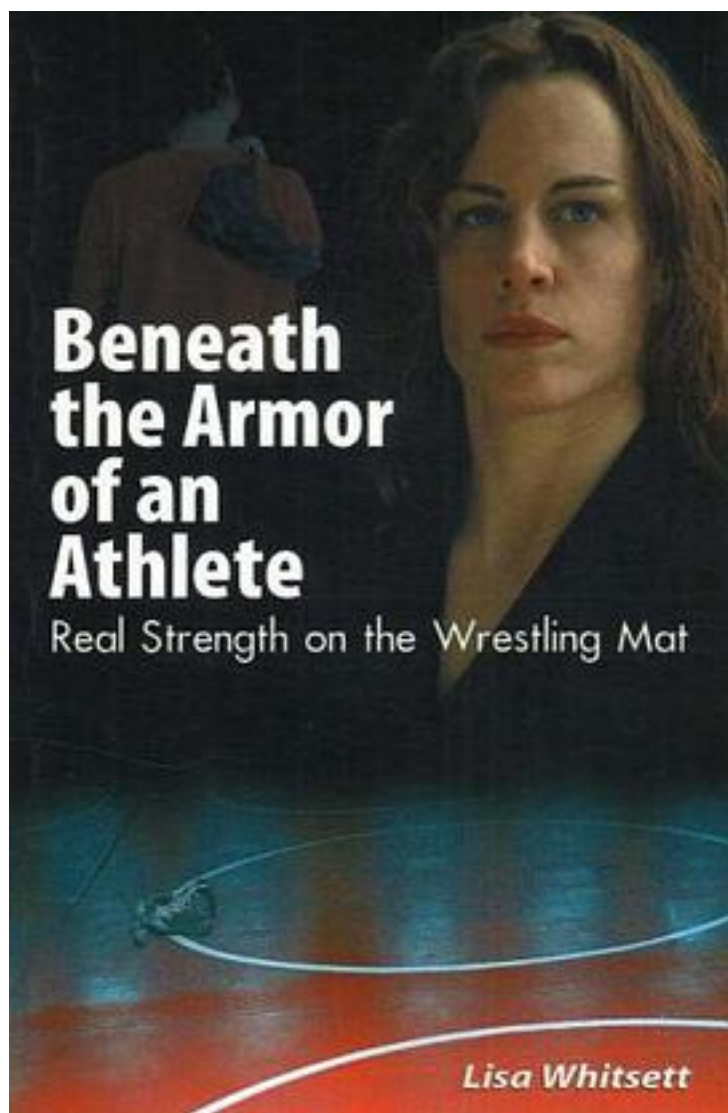


Beneath the Armor of an Athlete



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"This searing confessional reads like a novel and is just as suspenseful... Any female athlete would be interested in this story." -- Library Journal
Lisa Whitsett grew up in Cedar Falls, Iowa, where she began the first of 27 years dedicated to sports and athletics. Her experiences as a mental health counselor and her adventures as a business consultant motivated her to write about development, change and transformation. Beneath the Armor of an Athlete was inspired by her own experiences of personal growth as well as her clients'. While many sports books contribute to a reader's athletic development, this book also focuses on the private, personal development of the athlete. Beneath the Armor of an Athlete is the story of a female Olympic Freestyle wrestler. Her love for the sport and striving for success expose her to rare challenges, all of which introduce new experiences in her life. From all-male wrestling camps and tournaments to the competitive ranks of national and international women's freestyle wrestling, this athlete learns that her sport is the gateway to learning more about who she really is and what she is capable of becoming.

作者介绍:

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