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TRI-MOM: SWIMMING, BIKING, AND RUNNING THROUGH MOTHERHOOD



Dog Ear Publishing. Paperback. Book Condition: New. Paperback. 232 pages. Dimensions: 8.5in. x 5.5in. x 0.7in. Can ambitious, driven triathletes—who are also wives and mothers—continue advancing and excelling in their sport without sacrificing their goals, humanity, or family and personal lives? Read on. . . The deeply personal stories in Tri-Mom had me laughing out loud and identifying with the struggles of these accomplished triathletes as they balance work, motherhood, and family with their desires to achieve. Anyone—male or female—who has...

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- Authored by Debra Hodgett
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