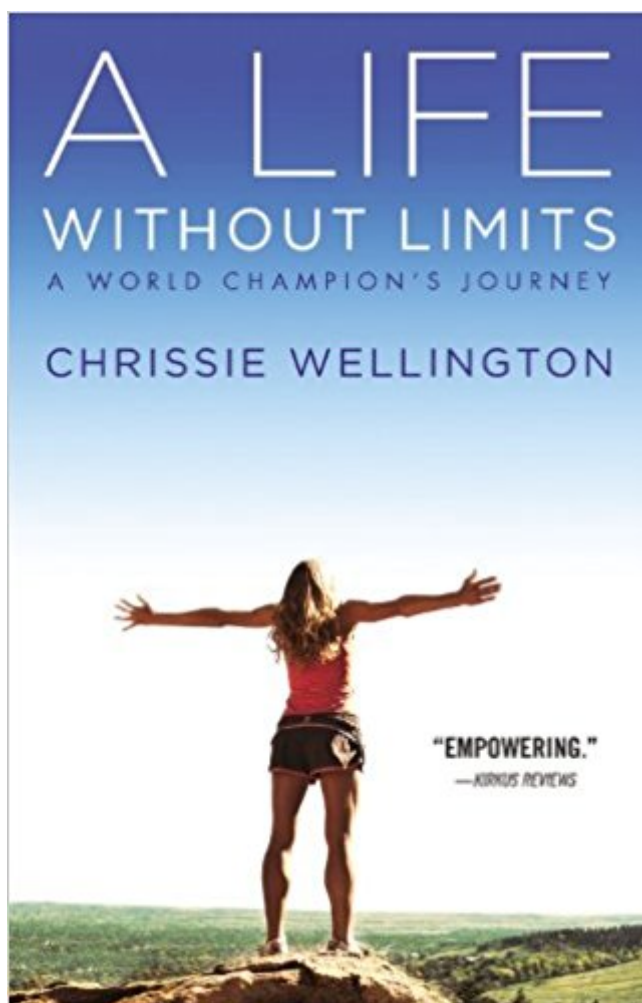


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A Life Without Limits: A World Champion's Journey



Synopsis

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.

Book Information

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Customer Reviews

"What emerges from this book is the portrait of a thoroughly nice woman. Her exceptional qualities have led her to achievements that her readers can scarcely imagine. But she still remains touchingly connected to that ordinary girl from Norfolk. It's a winning combination."---Jane Shilling, *The Daily Mail*

"What amazes me about Chrissie Wellington is not that she wins, but by how much...Like Usain Bolt, Wellington has burst on to the scene and destroyed the opposition. Those within athletics said that Bolt was coming but Wellington came from nowhere and wins by a relatively greater margin."---James Cracknell, two time Olympic gold medalist, and adventurer

"Empowering and suitably

Chrissie Wellington is a quadruple World Ironman Champion (2007, 2008, 2009, and 2011). Prior to her athletic career, she worked for the UK Government (the Department for Environment, Food and Rural Affairs - Defra) as an advisor on international development policy.

When I read this book the first time, it was so inspiring, I signed up for my first Ironman, which was a life-changing experience. I recommended it to a friend and my sister, and they both started doing long distance triathlons after thinking me initially crazy. Now, after reading it the second time, I'm inspired all over again, as I embark on my second Ironman. Even if you aren't a world champion, the sport of triathlon changes you and shows you you're made of much more than you ever thought you were, and this brings further inspiration to yourself and others. Great book!!

I have learned in a \short period of time that triathletes are a very strange breed of athlete. While largely toiling in anonymity, the triathlete mercilessly works her/his body to the absolute limits of human endurance. They are acutely (and sometimes grossly) intimate with every biological function and become soul-mates with pain and drudgery. It is the constant testing of their limits that leads to the belief in limitlessness (or as was said in *The Matrix*, "there is no spoon"). In "*A Life Without Limits*", this boundless energy and spirit is explained with beautiful clarity by the sport's leading lady over the past decade - Chrissie Wellington. As much a story about pursuing dreams and the sacrifices necessary to make them happen, as it is a story about athletic achievement, Chrissie takes us on a guided tour of a life lived in direct opposition to cubicles, committee meetings and the silent desperation of a well-meaning advocate for the developing world. Despite all of the earmarks of an effective bureaucrat working to improve the lives of developing populations throughout the world, Chrissie took up triathlon at a relatively late age and became dominant within the sport's Ironman idiom within a brief period of time. The agony of her transition into formal training - as much mentally and emotionally taxing as physically - virtually bleeds through the pages. We are left with a clear vision of what it takes to be a champion triathlete which, for aspiring endurance athletes, raises as many questions as it answers. Of course, Chrissie is no ordinary triathlete (oxymoron aside)... she is undefeated in her Ironman distance races. The mere fact of her triumphs would be remarkable: That she has overcome a long shopping list of injury and ailments that would cause mere mortals to hang up their aeros long ago makes for compelling narrative. For the athlete, Chrissie's tale is both cautionary and boundlessly inspiring. However, the inspiration extends to all

endeavors and poses a challenge to everyone to simply reject their largely self-imposed constraints and to seek out excellence. In short, this is a great read for anyone seeking a well-constructed pep talk. Yes... add "excellent writer" to Chrissie's bold CV. Sadly, the book serves as a coda for Chrissie's remarkable career - having announced her retirement from Ironman competition earlier this year. Armed with the heightened profile of a legendary athlete, Chrissie seems poised to "coin" her celebrity for the benefit of the developing world (as she has done throughout her spectacular career). Silently, however, I hope that this book is rendered somewhat obsolete with her return to Ironman someday. Such decisions lie solely with the great lady herself. As it is, the book focuses attention not only on the sport of triathlon, but leaves one curious about the leading exponents of the women's game such as Leanda Cave and up-and-coming wunderkind Angela Naeth. On this level, the book serves the sport and its fan base exceptionally well. Endurance athletes may grumble that many of the technical details are lacking. Even I was left to wonder just what went into the transition from competitive local swimmer to undefeated Ironman triathlete over so short a period of time. Were this book intended exclusively for triathletes, that might be a legitimate complaint. Those "missing" details would likely result in a 1000 page monster that none but the most fanatical practitioners would find comprehensible, much less enjoyable. Such matters are best left to coaching, should Ms. Wellington elect to do so. For the purposes of personal narrative literature, this book is infinitely enjoyable and left me anxious to get to my next training run. I highly recommend "A Life Without Limits"!

In October of 2007 I was a 46-year-old man who decided I was going to train for a triathlon. Like many newbies to the sport, I began absorbing the history and following the current stars via the triathlon magazines and the many internet sites. Almost right away was the 2007 world championships in Kona, which I pretentiously took great interest in as a person who now cared about triathlon, even though I hadn't actually competed in one yet. That year Chris McCormack was favored to win, and he was very brash about his prospects. On the women's side it was anyone's race and as I followed it on the internet for the first time I was just as surprised as everyone else who won. Chrissie who? She had not been featured in any of the magazines the way Samantha McGlone or Belinda Granger or Hillary Biscay had. Chrissie Wellington was as new to triathlon as I was, it seemed. She also smiled, a lot. She was unassuming and fresh, and didn't sound arrogant or even believing she had actually won the world championship. And she won handily. All these things combined to immediately make her my hero. This girl is the kind of champion I like, I thought, devoid of pretentiousness, yet devastatingly talented. From that point on I followed her every move, every

race, every blog entry. My wife, whose name is also Chrissie, completely by coincidence, thought I was a little obsessive, but with each report of what race Chrissie W. won and by what margins, my wife realized she was rooting for her namesake as well. Together we marveled at each triumph, each destroyed record. My wife is also half English so she felt a bit of Old Blighty kinship with Chrissie as well. All that being said, I was waiting with Shakespeare's famous bated breath for Chrissie's book, and after reading it I'm even more admiring of the ordinary girl from Norfolk than I was. We all suspected she was an ordinary human, despite a triathlon career befitting a Marvel costumed character, and reading her telling of her own tale is inspirational, exciting, sometimes shocking, and completely compelling. Yes, she had what seemed to be hidden talents, but this is a driven woman, and she enjoys the drive. Her encouragement to always look beyond your perceived limits is truly inspiring, but also shows wisdom. Nothing can be accomplished if it is not attempted, and Chrissie Wellington's story is one of a person willing to make attempts without accepting any limitations. This might not even work for everyone, but it's a grand book to read about someone who did it and succeeded beyond what anyone thought was possible. Certainly in the triathlon world there is only one Chrissie Wellington and there is likely to only ever be one. Bravo to Chrissie for writing such an honest and heartfelt life story at such a relatively young age.

Chrissie will literally run through your heart and stay on your mind. She literally lives her life without the same limits the rest of us impose on ourselves. If she wants to do something, help a charity, raise money, work in area she's passionate about, move to foreign countries, become a world champion, etc... she just does it. And, does it well. Her pursuit to excel in her personal and professional life is what has molded her into the perfect competitor. Self-driven and self-motivated from a very young age, she's championed herself and never let anyone hold her back from pursuing what she wants. It's an incredible life journey and quite an inspiration to anyone who has ever wanted to do something but didn't because of the limits we place on ourselves.

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