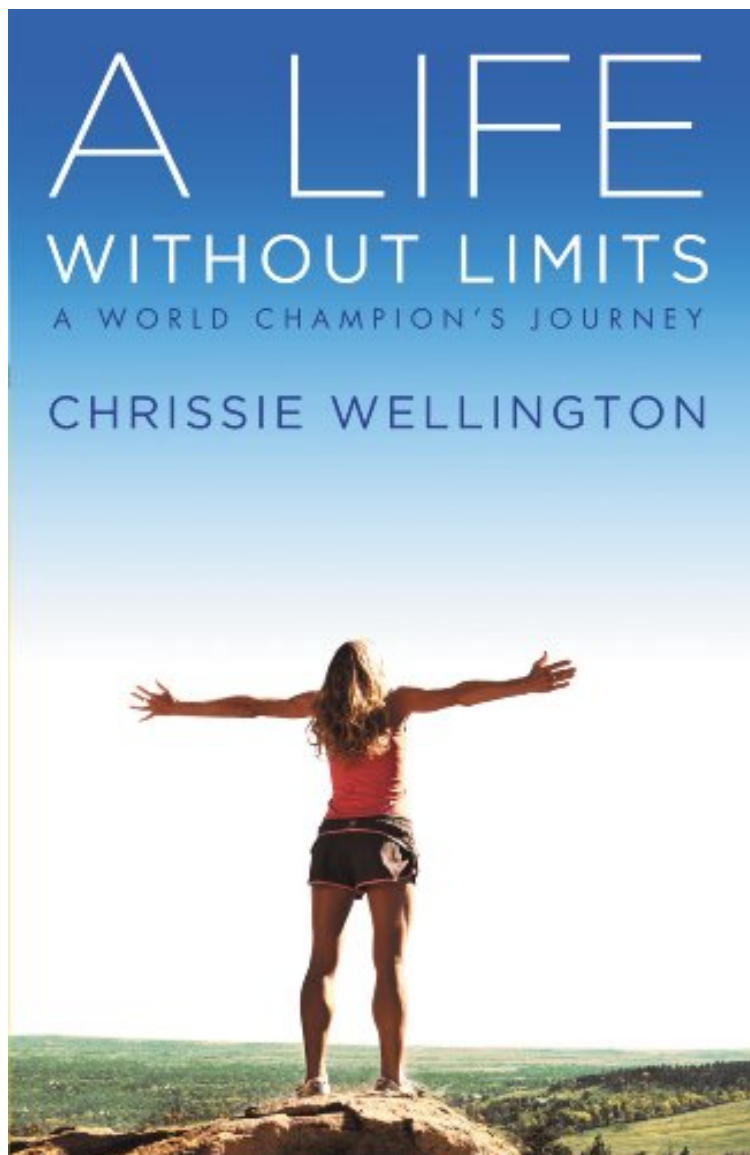


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# A Life Without Limits: A World Champion's Journey (English Edition)



*Par Chrissie Wellington*  
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## Description :

Prsentation de l'diteurIn 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. Revue de presse "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 commemorative." ---Kirkus sPrsentation de l'diteur 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.