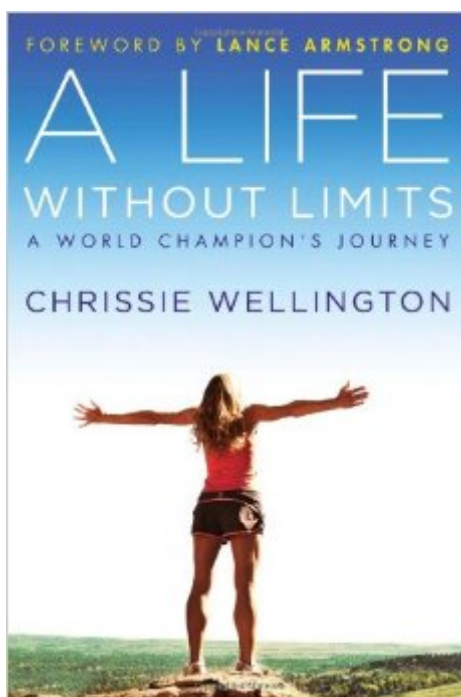


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# A Life Without Limits: A World Champion's Journey



## 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

This is a great book, well written and fast paced - I finished it quickly and wished it had been longer. I'd recommend it to anyone, particularly those who participate in or follow triathlon, or its constituent sports. What Chrissie Wellington achieved in her 5 short professional years in what many consider to be the toughest of endurance sports, Ironman, is nothing short of astonishing. If this were a work of fiction, if someone was to create a character that won every Ironman race they entered, you'd say interesting story, but that just doesn't happen. But Chrissie's story is fact and likely her record will never be bettered; no-one she's competed against in all those races will achieve what she has, because they lost to her, at least once, someone new will have to come along. Look at other sports

and it's hard to find anyone with a comparable record, or to find someone who has won by the margins she has. How Chrissie ended up dominating Ironman makes for compelling reading. Her early years hint at nothing significant to follow; nothing outstanding sporting wise, and often illness caused by her obsessions seemingly would have blighted her achievements. Her journey in life does expose her to environments and experiences considered to be beneficial to the sport; high altitudes and the opportunity to fuel her voracious appetite for very long bike rides. However what comes through again and again in this book is her immense driving force. It's her monumental mind over matter approach and dedication to do what is needed that is the difference and there's much here to learn and apply to all aspects of life, not just endurance sports. I couldn't get enough of this book, it went by too fast.

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.

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