



# Transformed by Triathlon: The Making of an Improbable Athlete

*Jane Booth*

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## **Transformed by Triathlon: The Making of an Improbable Athlete** Jane Booth

Follow Jane Booth's humorous, honest and surprising journey from a woman who couldn't tell the front from the rear of her bike helmet to an athlete capable of competing in an Olympic-distance triathlon. Celebrate her every victory, from a skirmish with a wayward wetsuit to conquering her fear of falling off her bike. Race alongside her as she battles to finish a race that lies at the outermost edge of her abilities. And share Jane's unexpected discovery of how endurance sport changed her attitudes, her aspirations and her whole approach to life.

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