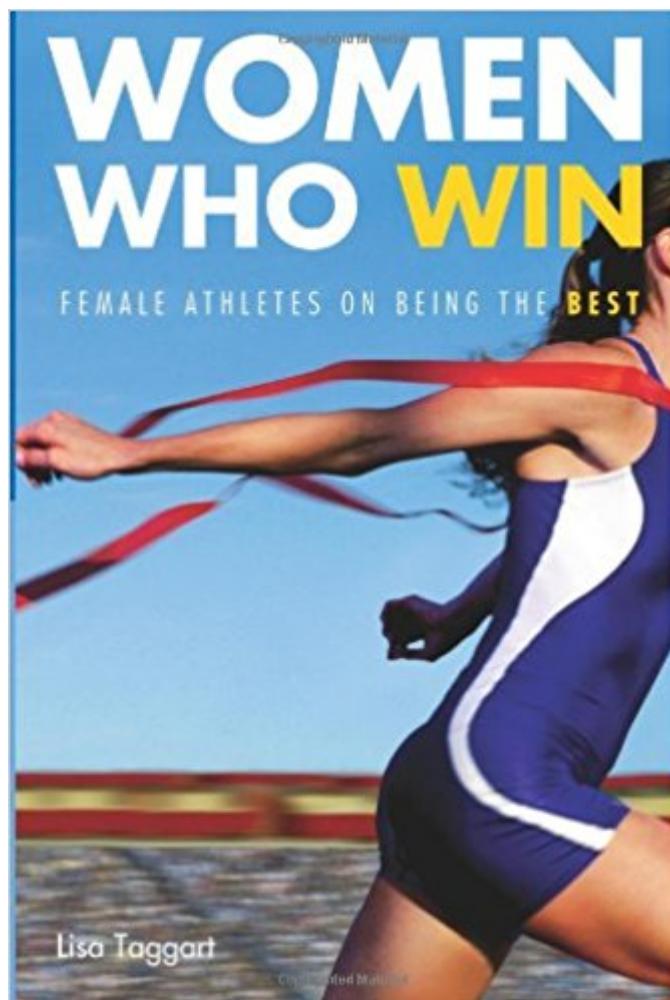


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# Women Who Win: Female Athletes On Being The Best



## Synopsis

Whether it's surfer Jamilah Star riding an unprecedented fifty-foot wave, Olympic marathoner Deena Kastor winning the bronze in 2004, or top-ranked climber Lynn Hill facing down a tough climb at Joshua Tree, one thing is certain: these women have game. What's more, these amazing athletes capture our imagination. How do they do it? What motivates them to win and to become the best in their sport? In *Women Who Win*, adventure writer Lisa Taggart takes us behind the scenes, deep into the training regimens and the ultimate victories, to see what makes these women tick. Whether their sport is soccer, cycling, mountain biking, or volleyball, these athletes will inspire you to pursue your dreams, whether it's running a marathon or catching your first wave.

## Book Information

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## Customer Reviews

*Women Who Win: Female Athletes on Being the Best* is an anthology of portraits of champion ten female athletes. A black-and-white photograph of each woman introduces her section, peppered with snippets of interviews, tales of training regimens, and stories of the raw struggle required to become the best of the best. The women covered are big-wave surfer Jamilah Star, jockey Julie Krone, soccer player Julie Foudy, runner Deena Kastor, gymnast Wendy Hilliard, volleyball player Misty May-Treanor, swimmer Lynne Cox, basketball player Tamika Catchings, triathlete Karen Smyers, and rock climber Lynn Hill. An amazing true account of what it takes to reach the top of one's game, and an especially inspirational read for women of all ages.

Women Who Win: a book that should be read over and over to help inspire women (and men!) who are working hard towards their lives' dreams! Covering champions of their sports, Taggart writes a quick but thorough sketch of each prize-winning athlete, covering their accolades as well as their family life, education, hurdles, and triumphs along the way. Each woman has her own approach to her discipline, but all of them have two big things: perseverance and the faith in themselves to continue on their journey. This book was given to me by a member of my gym who felt I would benefit from it, and boy was she right! As a "young professional" as I believe the social statisticians call 'em, it was particularly inspiring to read about women in a male-dominated field as I work my way up in my own male-dominated field. For those in the process of their hustle, I suggest reading one chapter a night, at least a minimum of three chapters a week, to help take a step back and see that each day is a chance to be better. Very inspirational.

great product, great price, would order again

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