



Slow Fat Triathlete: Live Your Athletic Dreams in the Body You Have Now

Jayne Williams

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The idea of participating in a triathlon may sound out of the realm of possibility for those without a typical jock-athlete's honed build, intense focus, and competitive mindset. But now *Slow Fat Triathlete* opens the door to those who may not come quite so equipped. After years of obesity, poor health, and self-doubt, Jayne Williams took part in her first triathlon in 2002 to prove something to herself and became hooked on the rush of the race. Today she is a self-proclaimed "slow fat triathlete," unafraid to overcome humiliation, laugh at her foibles, have fun, and accomplish impressive goals. *Slow Fat Triathlete* is a book for those who may be overweight, out of shape, undisciplined, or otherwise unprepared to enter a triathlon but are curious to try. Through personal stories, practical ideas and suggestions, and uproarious anecdotes, this book inspires, encourages, and proves that with a little training, almost everybody can have a great time and reap huge rewards from pursuing their tri dreams—and that everyone can become a participant and an athlete.

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