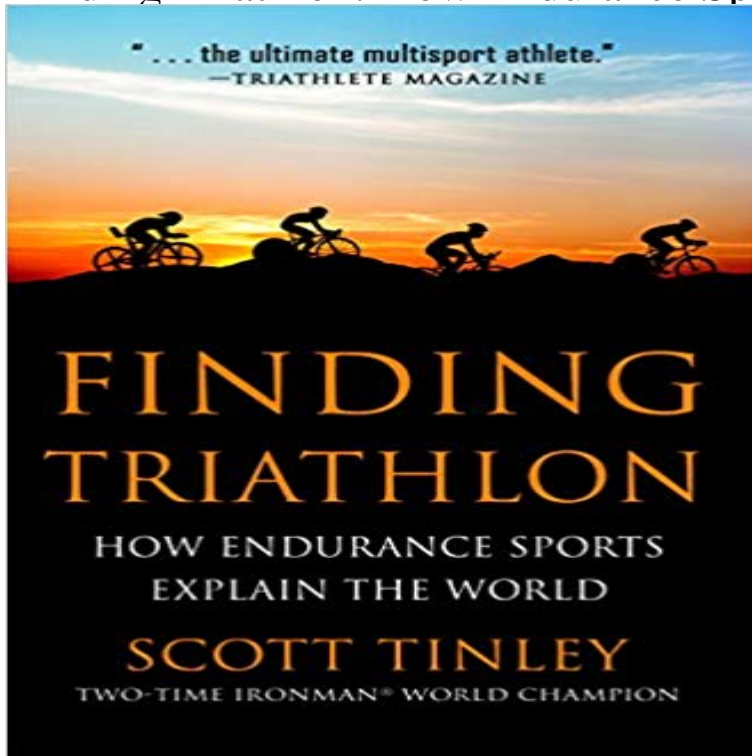


## Finding Triathlon: How Endurance Sports Explain the World



Training for and completing a triathlon is one of the most grueling life experiences anyone can have, requiring a degree of personal commitment, individual strength and iron will that few people possess. A true test of your ability to find, and then surpass your physical, mental and emotional limits, the only real analogue to triathlon is the challenge of life itself. In Finding Triathlon, professional athlete Scott Tinley explores the world inside and outside endurance sports, seeking answers to age-old questions. Part memoir, part cultural exploration, Tinley uses the language of sports to speak universal truths. Told through anecdotes, both personal and shared, with a critical, inquisitive, and often humorous interpretation of a life lived through the medium of sports, Tinley reflects on the sport of triathlon, honest competition, and the drive to improve ourselves as a whole, looking to understand how and why we live our lives. Finding Triathlon is not a self-help book, and its not a fitness guide. Nor is it just about triathlons and triathletes. Its about a lifestyle, a perspective, a way of looking at the world and its challenges, as you strive to better yourself and better understand yourself. Whether youre training for the next big race or youve never run a mile in your life, Finding Triathlon speaks to the champion in each of us, demonstrating how making the decision to push ourselves to succeed in our dreams can affect our life, our world, and our future. From the Trade Paperback edition.

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