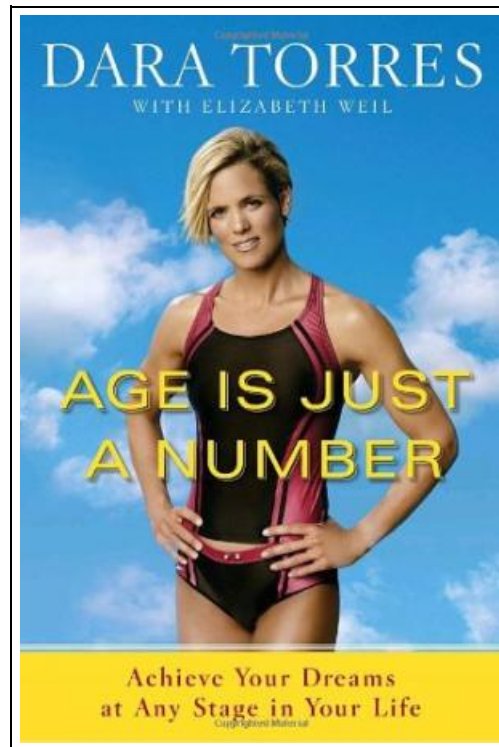


## Age is Just a Number: Achieve Your Dreams at Any Stage in Your Life



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## AGE IS JUST A NUMBER: ACHIEVE YOUR DREAMS AT ANY STAGE IN YOUR LIFE



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Broadway Books (A Division of Bantam Doubleday Dell Publishing Group Inc). Paperback. Book Condition: new. BRAND NEW, Age is Just a Number: Achieve Your Dreams at Any Stage in Your Life, Dara Torres, Elizabeth Weil, From legendary Olympic gold medalist Dara Torres comes a motivational, inspirational memoir about staying fit, aging gracefully, and pursuing your dreams. Dara Torres captured the hearts and minds of Americans of all ages when she launched her Olympic comeback as a new mother at the age of forty-one--years after she had retired from competitive swimming and eight years since her last Olympics. When she took three silver medals in Beijing--including a heartbreaking .01-second finish behind the gold medalist in the women's 50-meter freestyle--America loved her all the more for her astonishing achievement and her good-natured acceptance of the results. Now, in "Age Is Just a Number, " Dara reveals how the dream of an Olympic comeback first came to her--when she was months into her first, hard-won pregnancy. With humor and candor, Dara recounts how she returned to serious training--while nursing her infant daughter and contending with her beloved father's long battle with cancer. Dara talks frankly about diving back in for this comeback; about being an older athlete in a younger athletes' game; about competition, doubt, and belief; about working through pain and uncertainty; and finally--about seizing the moment and, most important, never giving up. A truly self-made legend, her story will resonate with women of all ages--and with anyone daring to entertain a seemingly impossible dream.



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