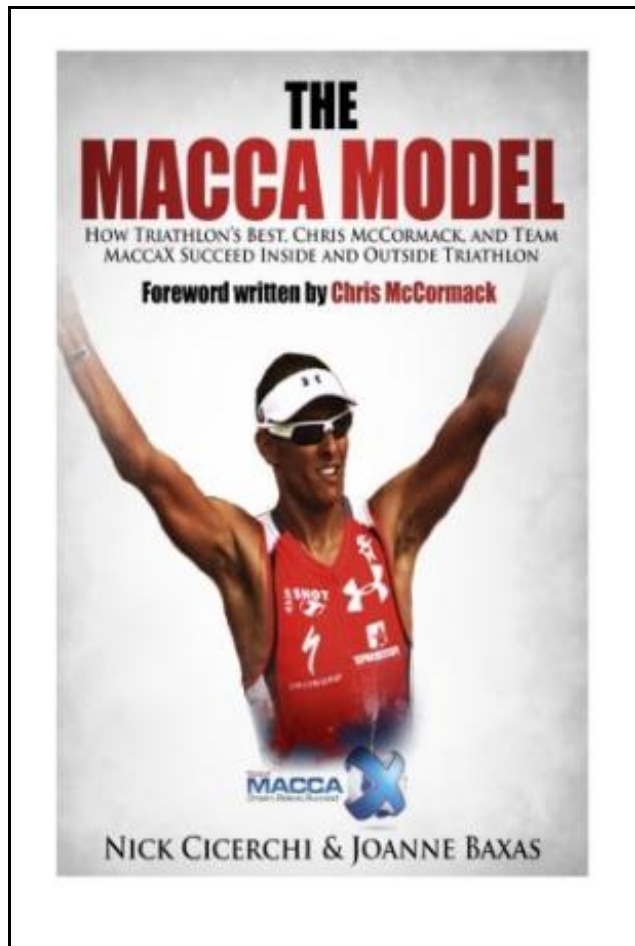


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Have you been challenged maintaining balance while incorporating triathlon as a part of your life? What s the secret sauce to those who excel in triathlon? Why does it look so easy for those people who succeed in triathlon-or any aspect of life, for that matter? To answer these questions, we need to look to the best. Chris McCormack is a living example not only of how to create and execute your triathlon goals successfully but also how to maintain life balance, attract positive forces, and live an inspired life of continuous improvement, enjoyment, and contribution for others. But how can Chris or other decorated pros related to you? You will see how The Macca Model has helped elites and age groupers alike. This book examines two-time Hawaii Ironman World Champion Chris McCormack s approach and principles, physical and mental, which have made him successful. The Macca Model has helped men, women, children, and families from all backgrounds from every continent. Now the Macca Model is here to help you. Foreword written by Chris Macca McCormack.



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