



Working It Out: Drills, Spills and Thrills of An Aerobic Life

Loren Martz

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Working It Out: Drills, Spills and Thrills of an Aerobic Life is a collection of essays that addresses pressing questions such as: • Where the hell do you think you're going? • What kind of mother lets her kid wear that? • What exactly is wrong with me? • Are you serious right now? In this book, Loren Martz reveals the secrets to her survival as a daughter, sister, student, wife, mother and personal trainer. From her warm-up as an insecure child to her emotional stretch into adulthood, through the endurance sport of marriage, frenetic pace of motherhood, and grueling stress tests of aging, injury and illness, she works out life's obstacles with heartfelt honesty and a heaping helping of humor.

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