

# DARA TORRES

WITH ELIZABETH WEIL

A photograph of Dara Torres, a woman with short blonde hair, wearing a black leotard with red trim. She is standing with her hands on her hips, smiling slightly. The background is a bright blue sky with white clouds.

## AGE IS JUST A NUMBER

**Achieve Your Dreams  
at Any Stage in Your Life**

*Dara Torres*

**Age Is Just a Number: Achieve Your Dreams at Any Stage  
in Your Life**



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From legendary Olympic gold medalist Dara Torres comes a motivational, inspirational memoir about staying suit, aging gracefully, and pursuing your dreams. 01-second finish behind the gold medalist in the women' and finally—when she was a few months into her first, hard-won pregnancy—including a heartbreaking .Dara Torres captured the hearts and minds of Americans of most ages when she launched her Olympic comeback while a fresh mother at age forty-one—s 50-meter freestyle—America loved her all the more for her astonishing accomplishment and her good-natured acceptance of the outcomes.about seizing the moment and, most important, never giving up. When she got three silver medals in Beijing—and with anyone daring to entertain a apparently impossible fantasy.while nursing her infant daughter and contending with her beloved dad's long battle with cancers. Dara talks frankly about diving back for this comeback; about being an old athlete in a more youthful athletes' about working through discomfort and uncertainty; about competition, doubt, and belief; video game;years after she had retired from competitive swimming and eight years since her last Olympics.Right now, in Age Is Just a Quantity, Dara reveals the way the dream of an Olympic comeback 1st came to her— A truly self-made legend, her tale will resonate with ladies of all age groups— With humor and candor, Dara recounts how she came back to serious training—



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Female Athletes Will End up being Inspired and Experience a Connection with Dara As a competitive Masters swimmer who grew up swimming in the same period as Dara, I loved this publication and may relate to it atlanta divorce attorneys way. So lots of the coaches and swimmers who constitute her story are people I knew or know about so that it took me back to "the good ole days" old group swimming. Great story. health. This pressure almost killed a woman I swam with in high school who went to the University of Florida and was hardly ever overweight but they made her think she was therefore she were left with anorexia! Male instructors and trainers criticizing woman athletes and telling them what they should weigh and how they should appearance has got to end!While Dara has earned her lean body &We felt such a link with many components of Dara's life, personality and feelings about her sport which I think any female athlete, not just a swimmer, can relate to. Even though she has even more trainers and domestic help than the majority of her visitors, Dara results in as true person, who anyone could speak to, with problems regular people face, but yet she is extraordinary simultaneously which makes you need to make an effort to become better yourself. She also creates the exhilaration true competitors feel if they are about to competition which makes you want to venture out and perform it! When I finished the book, I couldn't wait around to get back on the blocks again that i did the very following day!This book also sends out an inspirational message to readers that there surely is much to be gained from competing and being active as older adults which is wonderful - a lot more older adults are feeling much better than ever within their 40s, 50s and beyond due to healthy activity - thanks, Dara, for getting the message out that getting moving is where its at because I believe that with all my heart!! It really is accurate that she may have had some significant advantages, but not everyone understands the worthiness of those advantages and wastes them. Put your mind to something add the effort and you can achieve Excellent read and reminder that come backs happen throughout one's .! Great Read I was told I had a need to read this book. Dara was a great swimmer who didn't consider anything for granted and worked well very hard on her behalf success when otehers would have been happy for her to fail. I also appreciate how she candidly shared one of the most negative areas of sport - such as for example undue pressure to become thin also to lose excess weight which is usually such an awful problem because of too much concentrate on appearance vs. Simply goes to show age is a number! Great read Thoroughly enjoyed reading this and was therefore inspired. I enjoyed the book so much. Excellent read and reminder that come backs happen throughout one's life - always exciting to get a look into the brain of a champion as they go for a dream and make it work... I believe everybody knows that to become an achieved athlete, you have to be actually blessed with the proper height, build, and talent for the activity. It renewed my desire I have wished to pursue for such a long

time I am finally back again on track, Five Stars Perfect Amazing The Dara Torres story is amazing because here is a lady who made the the majority of her opportunities. The main message here's YOU CAN. That is Dara Torres. But she actually is also from a very wealthy family; and is blessed with unlimited support atlanta divorce attorneys way. Her age may be "just a amount", but without all of the good fortune, I am not sure anyone at any age, could accomplish what she did, especially with a small child. Very focused, very driven, very compulsive, very successful... Is age actually just lots? I admire Dara and am pleased I read this publication. But I really believe that the message Data wanted to send us here was that it also takes quite a lot of hard work - and also working smartly. It really is about placing goals, practice, effort, keeping a positive attitude, all the keys my trainer provides been reminding me about. Well-created, although the chronology will skip around a little bit, but the story is indeed compelling. Her tale is a lot more, showing the effort, determination, and persistence when confronted with adversity. Not the best writing, but an athlete's bio by no means is Not the best writing, but an athlete's bio under no circumstances is. However, it is an easy read and quite inspiring. But somehow, it often felt as though Dara's superiority (both in a physical & Discusses effort, dedication, and concentrate in a way that only anyone who has been through the reps could.nevertheless, you need to have an unbeivable support program first. her endorsement cash with very hard work, sometimes the book reads as though she is bragging just a little - whether it's because she is very glad to share the actual fact that her stomach returns to being flat immediately after kid birth (which is most likely because she's had an extremely strong core to begin with, and she held exercising through her being pregnant) without having this fact needed for the story.. While admiring Dara's accomplishments before scanning this book, I do believe that reading it made me personally just a little less in awe of her. Great Conference You, Dara! Dara Torres is definitely blessed - she is tall, extremely slim (some have compared her body to Michael Phelp's physique) and "built" to swim. Amazing Story of old athlete I actually am a masters swimmer, so I found it inspiring enough about her swimming therefore successfully at 41 years aged. Dara cuts to the primary of her inspiration and drive, which is why I bought the book. a economic way) came up a little too often.! Four Stars I enjoyed reading it. Inspiring Read! I thoroughly enjoyed scanning this publication and it has inspired me to reunite in the drinking water and swim!



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