

WHY I'M TOO SHORT TO GO SO F*CKING SLOW

LESSONS FROM AN
EPIC FRIENDSHIP
THAT WENT
THE DISTANCE



Susan Lacke and

Life's Too Short to Go So F*cking Slow: Lessons from an Epic Friendship That Went the Distance



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Trash-talking exercises, breakdowns, a devastating diagnosis - this heartwarming tale of teaching buddies reveals a deep and abiding friendship that traversed existence, sport, and everything among. She was a young, overweight university professor and a bit of a trainwreck - juggling a divorce, a pack-a-day time habit, and hiding empty boxes of wine under her bed. He was her boss, an Ironman triathlete, with lifestyle figured out. Amusing and poignant, Life's Too Short to Go Thus F--king Slow is approximately running and triathlon, development and heartbreak, and an epic friendship that went the distance. He previously his shit jointly, she most assuredly did not. Susan and Carlos were unlikely close friends. Their trip reveals the inspiring power of sports and friendship to improve lives permanently. She was a whiner, he was a hard-ass.



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Easy to pick, better to read, impossible to put down I opened this book about 2 hours back looking to read a couple of web pages before picking it right back up again tomorrow after work - ha - I simply finished reading the book a few minutes ago. Lacke has a penchant for composing - you get swept up into her relationships and up and straight down thoughts that move with an IM trip - but you don't have to be considered a triathlete to understand it. The story doesn't translate as well for those folks who have no idea her or didn't know him in true to life, imo. Inspiring and Entertaining I don't usually go through books, why read books when you will be teaching?. Susan brings you through a few of the highest highs (Ironman finish line) to some of the cheapest lows (accepting the medical diagnosis of her Iron-strong friend) in just a few years of her life. I could blow through the web pages in no time flat. I loved the authors honesty, humor and multi-colored language. What a fantastic reserve. Great book - you would be silly not to pick it up It made me carry out the snorty laugh AND the ugly cry. So inspiring! It's inspiring and heartbreaking and producing me do both snorty laugh (you know the one) and the ugly cry. Recommend, recommend, recommend it's for anybody who's ever done a triathlon, faced a personal struggle, had a friend or questioned themselves.. Schmaltzy story from the heart, but. So, you should get it, is definitely what I'm stating. Disclaimer -- I understand Susan, and I either blame her for or credit her with (depends on the day) the actual fact that I've gone way outside my safe place to do some really difficult things. But that's part of why this book is so perfect -- it brings that to everyone, and by enough time you finish reading it, you'll feel just like you understand her too. a divorced overweight pack-a-day smoker with a penchant for poor relationships and boxed wines Susan Lacke was a self-described trainwreck, a divorced overweight pack-a-time smoker with a penchant for poor human relationships and boxed wines. She was also a college professor and after a move to Arizona ?started doing work for a hardcore, no-nonsense multiple Ironman finisher. Appears like a disaster in the producing, but rather he became her mentor and greatest friend. Yep, he didn't sugarcoat his advice and she rose to his difficulties. Amazing and incredibly heartfelt. Accurate friendships are really a pal who kicks you in the ass and hugs you simultaneously and Susan writes about this so beautifully! and you will cry. And that is all I'll say because I don't want to spoil the rest of the tale. Trust me...you won't regret this read.. I want to read this again--it was . Finished it in two days. Picked this up coincidentally just before Ironman (IM) Austria - just downside was I examine it too fast!" Life is so short therefore was this book -- I needed more because it was that good! This is just a lovely story in regards to a woman who seeking to lead a healthier life-style and a man (who becomes her best friend). Preparing and participating in triathlons turns into the gel of the story. What a fantastic reserve. And every single page was able to keep my interest. Susan captures the reader on page 1 and goes through the many kilometers of her (and Carlos's) journey. You will laugh, you will examine your own life and you will extremely tear up. She packs a lot into 180 web pages and I'd state it's a page turner (and I don't say that frequently because I frequently get bored). I wanted more and I am hoping this isn't her last reserve.. Something I'm sure a lot of readers or individuals who were thinking about this book enough to read this review might understand. I've already told most of my running/tri friends about it b/c I believe it's so relatable to what we go through as sportsmen and what we share on our journeys in life. If you're as obsessed with everything triathlon as most triathletes are, you will enjoy this book. It'll make you laugh, cry, and hold your attention throughout. Sweet and too brief!. This book is one of those readable, hard to place down books that draws you in to the story. It had been so much better than an I couldn't swim a size / run to the bakery books. My heart goes out to Carlos' friends and family. Together they teach and face life's obstacles (that's placing it mildly -- you will have to read the reserve to know what I mean).... Not because it is filled with inspirational quotes - but just because you want to experience what Susan experienced. Great go through if your looking for some motivation. I purchased this book to entertain myself during a flight (to a triathlon, certainly) and it has to be one of the best books I've ever go through. For anybody that haven't enrolled in a race because its too hard - this book can make you want to

do one. I laughed out loud and simply couldn't put this reserve down. The author writes from her center, tells her tale beautifully and pays a warm tribute to her friend/training partner. Carlos will be proud. Many thanks, Susan, for sharing your story. Hope to read more from you later on. Life Lessons on the Ironman Journey This is the sort of book that once you start you can't put down. you quickly start to feel that you are right there along side her for ever trip with Carlos, every side stitch, every dumb decision (I have a made a whole lot as well), and every win. It's raw, it's honest, & it certainly makes you take inventory on the important things in life! Gotta read it! But her expression of appreciate & Must Go through! lessons that Carlos remaining her opened up the flood gates! I couldn't possess asked for a better ending either.. But simply because I said on my blog page review (and I cannot post the hyperlink because Amazon won't i want to), an improved title could have been this estimate: "Eat, pace yourself, don't be a dumb bunny (you understand that's not what he said). bike in tree!!! If you've ever found yourself close friends with somebody who you under no circumstances envisioned becoming close to, you will discover yourself nodding your mind.. If you've wanted to do something scary and gone for it, you'll relate. I get her journey designed to very much to her, and I am happy on her behalf success, for having a great mentor, and the pain of losing him. Susan without really trying really pulls you into the story. I love her love of life, that occasionally helped fight the tears. I really like love love this reserve! This book -- well.. appreciation for the friendship & Unfiltered and vulnerable, an inspiring tale! A genuine story of the Writer's courageous pursuit of a challenging sport with a friend and mentor anyone would be lucky to have. Motivational and funny A great read, motivational and funny. I would like to read this again--it was that great! Easy read, Great publication!. You'll laugh. An inspiring read that may get you off your ass and make you brace yourself in defiance of your laziness. Epic Friendship That Went the length A very fast and simple read.. This is so beautifully written. The friendship between Susan and Carlos is quite unique and not one often observed in everyday existence. The reserve isn't that lengthy but I felt enjoy it covered a great depth of their friendship. Five Stars An amazing read!



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