



BOOK ANNOUNCEMENT

Champion Athlete's Memoir Reveals the Hidden Complexities of a Limitless Mindset

No Limits

by Leah Goldstein
with Lori Friend Moger
ISBN 978-1-77141-112-7
\$21.95 CDN; 255 pp.
Release Date: June 2015

"I always knew Leah Goldstein was hardcore but this book takes any notion I had to a whole other level. This is an incredible story of a life lived from the heart of a champion. Leah shows that nothing is impossible and I just cannot believe she is real. If you want to be inspired and realize there is nothing standing between you and your dreams, read this book."

Clara Hughes, O.C. 6-Time Olympic Medalist

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What happens when a young girl doesn't believe in limitations? What is possible when her dreams resonate at such a frequency, that they force themselves into reality? *Practically anything*, as proven by Leah Goldstein's stunning example of an unbounded life.

Prepare to be swept into the mind of a champion – battling bullies, sexism, terrorism and more, as Leah shares intimate details of fear, loneliness and anger amidst an unmatched work-ethic and overwhelming drive to succeed.

By age 17, she was the World Kickboxing Champion. Shortly thereafter, she enlisted in the Israeli Military and became one of the few female instructors of the elite Commando division, specializing in Krav Maga. Leah then transitioned into a Special Forces unit, combating terrorism and violent crime. The extreme lifestyle of the secret police eventually took its toll, and she found her salvation on a bicycle.

She convinced Israel to release her, as she pursued a brilliant 10-year career as a professional cyclist in Europe and North America – and eventually to the longest single stage race in the world, Race Across America. From crashes to podiums, and fear to triumph - Leah's story gives us a glimpse of what's truly possible from a life without limits.



About the authors: Leah Goldstein is a renown speaker and co-owner of No Finish Line Living, a wellness company dedicated to inspiring and educating people on living their best life.



Lori Moger, M.Sc. is a Kinesiologist, speaker and co-owner of No Finish Line Living. Her writing has appeared in Mayo Clinic Proceedings, Medicine and Science in Sport and Exercise, and Lifestyle Medicine.

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