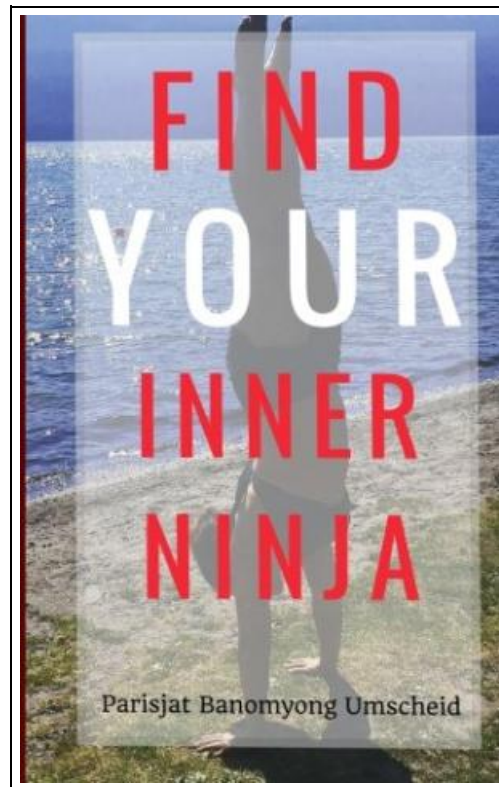


## Find Your Inner Ninja (Paperback)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Parisjat shares her very personal story of growing up athletic rather than academic in a traditional Asian family. As a 44 year old wife and mother of 3 she has taken up the challenge of being The Next American Ninja Warrior on the hit NBC television show. This less than one hour short read is a story of her journey. At 35 after college, marriage and the birth of her third child Parisjat found she had fallen into the American lifestyle. She had gained weight and lost that inner athlete inside of herself. She knew it was time to do something about that. Find Your Inner Ninja shows you step by step her incredible journey of going from the couch to completing her first marathon by her youngest child's first birthday. But the story doesn't stop there. She went on to compete in triathlons and then to do Crossfit one of the most challenging workouts there is. Finally even becoming a Crossfit certified trainer teaching health and fitness to elementary school children. Now at 44 years old she has taken on the challenge of becoming the next American Ninja Warrior. This book will teach you how to take big goals and achieve them by simply by creating a plan and following it. No matter what goal you want to achieve in your life Find Your Inner Ninja will show you how you can embrace your life's journey and succeed. In the words of her Crossfit training twin and good friend Cindy, Live your life fully and don't wait. This short read is here to inspire you to transform your life and Find Your Inner Ninja.



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