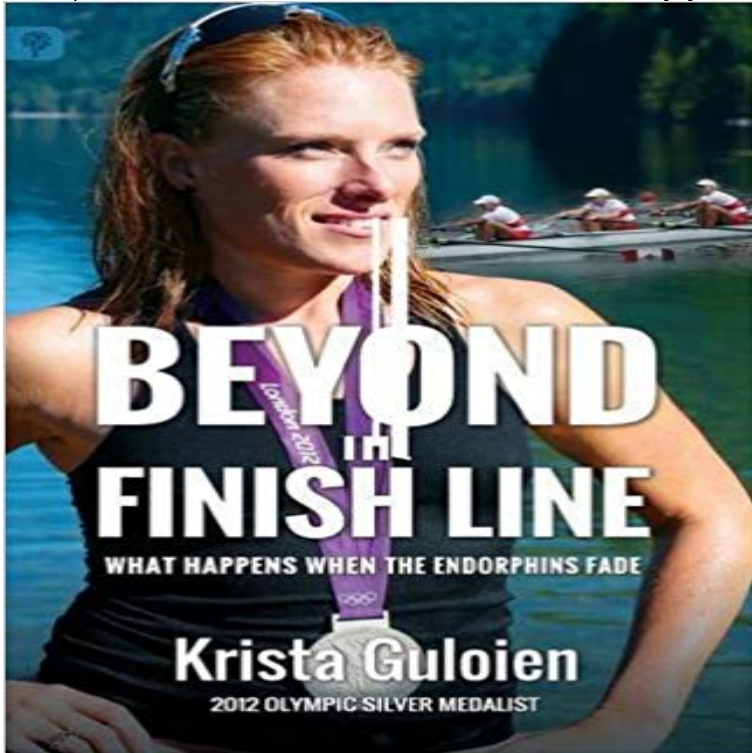


Beyond the Finish Line: What Happens When the Endorphins Fade



Are you an athlete transitioning from a career in sport and silently struggling along the way? Or perhaps you didn't realize how you would feel when your athletic career ended and how difficult transitioning to life beyond would be. You are not alone. Krista's forthright tell-all of her journey to the 2012 Summer Olympic rowing podium, as well as what came after, will help you find closure and peace, as well as a safe place to relate, laugh, and reflect on the what next? after sport. In sport, as in many other high-pressure niches, strength is an asset and discussion about weakness is not openly publicized. In telling her story, Krista is unmasking the face of retirement from sport. You will find relief in realizing that representing something strongly doesn't mean you always feel strong inside. Not only are admitting weakness and showing vulnerability encouraged by Krista, she will show you that sharing and uniting in struggle is actually part of the healing process. Breaking the silence and candidly sharing her struggles, you will hear a relatable account of what happens emotionally and physically after your athletic career ends and be better prepared when it is your time. You will gain insight into the journey of chasing a dream and, more notably, perspective on the journey that commences when you retire and begin to navigate the world beyond full-time sports.

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