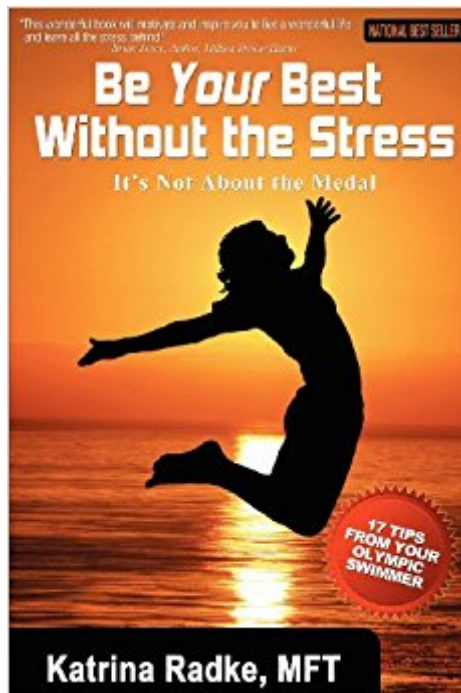




The book was found

# Be Your Best Without The Stress: It's Not About The Medal



## Synopsis

Katrina Radke appeared to be on top of the world. At 14, she was the youngest member of the U.S. National Swim Team, and later she was a member of the 1988 U.S. Olympic team, placing fifth in the 200 meter butterfly at the Seoul Olympic Games. She won four gold medals internationally, held American records, U.S Open records, Australian Open records, and Italian Open records. She served as co-captain of the United States National Swimming Team and held Top 10 World Rankings for seven straight years. But what nobody knew was that she had been battling immune system issues since the age of 15, ultimately finding herself essentially bedridden, relegated to using handicapped parking, while in her final year of college at Cal Berkeley. After years of mystery, she was finally diagnosed with Chronic Fatigue Immune Dysfunction Syndrome (CFIDS), a debilitating chronic illness. Once she was able to put a name and face to her disability, she called upon her athlete's determination to fight her way back, ultimately even to swim again at the Olympic Trials. In *Be Your Best Without the Stress*, Katrina uses her inspirational story to guide others through the minefield of health and wellness issues. From farm town girl to Olympic Swimmer, to bedridden and beyond, therapist Katrina Radke uses her inspirational story, professional experiences, and powerful yet simple tools to help you find what drives you to be your best, while feeling deeply satisfied in all areas of your life. This life-changing book helps you awaken to lost aspects of yourself, become more aware of your impact and importance, and commit to decisive actions that will help you live your best life, one designed and fulfilled by you. Katrina provides specific tools to help guide you to success and fulfillment by helping you to: get clear on what motivates you (purpose and vision) so you can reach your dreams, manage obstacles (loss, injury, illness, distractions, stressors), take care of yourself on all levels (health physically, emotionally, spiritually, and in relationships), and fulfill your potential while feeling complete and deeply satisfied within.

## Book Information

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## Customer Reviews

This wonderful book will motivate and inspire you to live a wonderful life and leave all the stress behind! -Brian Tracy, Author, Million Dollar Habits If you're looking for some direction on how to handle adversity and improve your quality of life along the way, this is a must read! -Rich Gannon, Pro Bowl Quarterback & Two-time MVP, and NFL MVP Trina's unparalleled expertise provides coaches, athletes, and even parents a great insight into what it actually takes to achieve success. -Gregg Troy, 2012 Head USA Olympic Men's Swimming Coach When you continually focus on being your best no matter what the event, you surprise yourself with what is possible. Katrina's enlightening stories and simple tools help you to discover new depths within yourself." -Peggy Fleming, Olympic Figure Skating Champion and Cancer Survivor Katrina teaches powerful life lessons, helping you make your everyday life that much more successful and fulfilling. Her journey and knowledge is a guarantee that she knows about what she speaks. Get the benefit of her experience and expertise." -John Naber, Olympic Hall of Fame Inductee, Four-time Olympic Gold Medalist, Network Television and Radio Announcer, Past President, US Olympians Trina offers a wonderful testimonial on how to enable your mind to unleash your body and achieve more than you ever thought possible. Her book is filled with sound and practical advice on how to live a healthier, less stressful and more successful life. -Gary W. Hall, M.D., Vice President United States Olympians, Three-time Olympic Swimmer, Three Olympic Medals, Director, The Race Club Katrina's inspirational book shows you how to go for success in all areas of your life, regardless of what obstacles show up along the way. Get started now. -Rowdy Gaines, Three-Time Olympic Gold Medalist, NBC Sports Commentator Katrina has been at the top and is an expert at helping others to attain their peak potential and good health. Her inspirational book provides steps to help you get started now. -Jenny Thompson, M.D., Twelve-time Olympic Medalist (eight gold medals), Four-time USA Olympic Swimmer "Katrina's transformational book helps you find your true self as you listen within, discover your calling, and commit to fully living it. -Jeffrey M. Schwartz, M.D., Best Selling Author, The Mind and The Brain: Neuroplasticity and the Power of Mental Force; Leading Expert in Neuroplasticity, Mindful Awareness, and OCD; Author, You Are Not Your Brain Unlike many experts whose counsel is based on classroom theory, Trina has walked the talk. Through

determination and a never-give-up attitude, she has persevered through seemingly insurmountable obstacles to achieve her goals and fulfill her potential. Trina's story is one that is bound to inspire and motivate anyone who wants to get the most out of life. -Dennis Pursley, 2012 British Olympic Head Coach, Swimming; Former USA National Team Director, 1989-2003; This noble-hearted, talented teacher and coach has mastered the inner game-- of life. If you wish to awaken and be all that you can (and are), then this inspiring and courageous book, by a top peak performer, is for you. -Lama Surya Das, Bestselling Author, *Awakening the Buddha Within*; Author, *Buddha Standard Time: Awakening to the Infinite Possibilities of Now* "All by itself, Trina's story is an amazing inside look at what it takes to be an Olympian. Her insights on how to be your best are pure gold. I wish I had this book when my career was just getting started." -Pete Cipollone, 2004 Olympic Gold Medalist and World Record Holder, Three-time Olympian, USA Rowing --Endorsement Quotes

1 There are so many self-help books but seldom with such goodwill, and balance of expertise and heart. This is a book by someone I know who dances Tai Ji with me, and follows the "Watercourse Way" of TAO. I highly recommend it. Founder-president, -Chungliang Al Huang, Founder-president, Living Tao Foundation, and Tai Ji Master; Author, *Embrace Tiger, Return To Mountain* "Katrina's personal journey from debilitating illness to health, and her lessons and professional advice on health and potential, are a definite must read." -Gurkopal Singh, M.D., Scholar and Expert, Immunology and Rheumatology; Adjunct Clinical Professor of Medicine, Gastroenterology and Hepatology, Stanford University School of Medicine "Katrina's intimate and professional knowledge of world class athletics, mental power, health, and relationship training makes her the perfect guide to help you maximize your full potential." Mel Stewart, Co-Founder, SwimSwam.com; Two-time Olympic Gold Medalist, Swimming; and Director, Alumnae Relations, USA Swimming Foundation

Katrina's inspiring story and experience, as an Olympic athlete and therapist, provides practical guidance to make healthy choices for all of us who are striving to improve our lives in a complex and changing world. -Ira Glick, M.D., A Founding Father, Sport Psychiatry; Professor Emeritus, Psychiatry and Behavioral Sciences, Stanford University School of Medicine, Author, *Marital and Family Therapy*, American Psychiatric Publishing, Inc. Katrina's great book has the power to change your life. Get started now. -Jenny Potter, Four-time USA Olympic Hockey Player, 4 medals

This is a story about Spirit and how a spirited girl achieved Olympian psycho- mental-physical success by disciplining the speed and intoxication of competition. It's also a story about how illness obligated a spirited woman to slow down and start examining her life, and accept, in ways previously unimaginable, a changed yet realistic potential. Katrina candidly shares her journey, insights, and spirit in a way that will inspire and guide you to fully live, experiencing life's challenges

and opportunities. -Joseph M. Helms, M.D., Founding President, American Academy of Medical Acupuncture; President, Helms Medical Institute; Author, *Getting to Know You: A Physician Explains How Acupuncture Helps You Be the Best YOU*, Author, *Acupuncture Energetics: A Clinical Approach for Physicians* "Katrina Radke is the most mentally tough Olympic swimmer with whom I have ever trained. If anyone can help you fulfill your potential (and find deep satisfaction in your life), she is the one! -David Berkoff, J.D., Two-time Olympic Gold Medalist and Two-time World Record Holder; Innovator of 35 Meters Underwater Dolphin Kick, Berkoff Blast-Off; Board of Directors, USA Swimming Trina is a true example of excellence and perseverance. She walks the talk. Let her spirited book show you how to bring out the best in you. -Richard Shoulberg, USA Olympic Swimming Coach, Six-Time Head Swimming Coach, USA National Swim Team, Head Coach, Germantown Academy Aquatic Club, Trina's coach "Katrina's ingenious book helps you master the art of taking care of your health while also performing your best, in all areas of your life." -Janel Jorgensen McArdle, Olympic Silver Medalist, Swimming; President, Swim Across America, Non-Profit benefitting cancer research --Endorsement Quotes 2

In a society overly stimulated, Trina is able to instantly capture you to slow down, take a breath and utilize her wisdom and advice. Through her incredible adventure as an Olympic athlete, Trina helps you create a unique understanding that ANYONE can win in LIFE (love, sports, business, health)! -Chris Morgan, 2008 Olympic Coach, Switzerland Katrina inspires all those who come in contact with her. She is charismatic, warm, and leads by example: A true Olympian with the Olympic spirit (Citius, Altius, Fortius) burning inside her. A must read. -Helen Mendel, Former Chairman of the Board, American Cancer Society, California Division; President, All Pro Promotions Company "Trina galvanizes her readers to action by encouraging us to go BIG with our own dreams. She provides proven strategies required for success. -Beth Rypins, Two Time Whitewater World Champion; Owner, Wine Country CrossFit "Each moment can be great. My friend, Katrina's wise and warm book shows you how you can start loving yourself and your life right now. Katrina's passion, mental toughness and determination to be who she is and give her best, are the foundation for her successes, and ability to love life, even in the face of obstacles. Many people have attained excellence in one area of their life while greatly neglecting all other areas, thus feeling unbalanced and unfulfilled even when their goal is reached. In this book, Trina will show you not only how to create excellence in your life but balance and fulfillment, too. -Jeff Prior, Four-time Medalist for USA at International Swimming Competitions, USA Swimming National Team Member for Six Years, Owner, Water Wise Swim School Finding peace in your own skin and loving yourself is the road to happiness. Trina has found that happiness. Her inspirational story and powerful tools will help you find this, too." -Roque

Santos, 1992 USA Olympic Swimmer and Entrepreneur Stop looking out there. Happiness is an experience within and Katrina shows you how to BE here, now. -Ross Gerry, Olympic Coach and Former Stanford University Women's Associate Head Swimming Coach, Won 6 NCAA Division I Championships in 7 years. "Katrina has a gift with helping others be empowered, be healthy, and reach their potential. Let her show you how in this inspirational book." -Karl Mohr, Ph.D., Optimal Performance Coach, Associated with Cal Men's Swimming and Diving Team for over 30 years Let Katrina help you to uncover your true potential with the tools and inspiration she offers in this compelling book. A great read for young and mature adults. -Roberta Hladek, Co-Founder of EMC2, Energetic Balancing, Motivational Speaker Having known Trina since her childhood, it is no surprise to me she has compiled into a "how-to" book her thoughts on being positive, goal-oriented, and staying focused--character traits she has exemplified all her life. -Bruce Telander, CEO of Cobb-Strecker, Dunphy, & Zimmermann; "Dad 2" "Thanks to Katrina Radke for much needed advice to athletes, coaches, and parents on the motivation and science behind competitive swimming, commitment and excellence. Her book provides a nice balance on the elements needed for success in sport and in life." -Joseph F. Heyse, PhD, Vice-President, Biostatistics, Merck Research Laboratories; Parent, Germantown Academy Swimmer (where Trina swam)

--Endorsement Quotes 3

Katrina Radke, MFT, is an internationally recognized Olympian, therapist, college psychology (sports psychology, human sexuality, general psychology) professor, performance and health coach, and motivational speaker. Her accomplishments include four international gold medals, U. S. National Team co-captain, American record and three Masters World records. She inspires even more by her grit and recovery from twelve years of debilitating disease to regain world ranking. She empowers others to find their true selves as they fulfill their potential and feel deeply satisfied within.

Katrina Radke surprised me! I expected to only find out about her Olympic journey, but instead I received a plethora of great stories, information and exercises to help me. She goes right to the heart of the matter on many topics, and is candid, truthful, and even funny at times! Unlike some books, you get the sense that this author walks the talk, and encourages you to do the same. It is nice to read a real account and suggestions from a mature Olympian's perspective of the journey rather than just a story about how "great and wonderful" they are. Not only does she candidly share obstacles that she had to overcome (especially regarding her health, as she had to reclaim herself in a new way, beyond her athletic experiences); she also backs it up using her psychology

background and experience as a therapist to make sure the reader has ways to make changes in their own life. The inner journey that she undertook to rediscover herself in so many ways is profound, and inspirational. She uses a story to make a point but then backs it up with her professional expertise as she provides great detail about how we, too, can take responsibility to create the life we want. It reminded me that I, too, am capable and able to call upon my resilience and strength within to guide me, and therefore make a difference in this world. My life has been enriched in so many ways - I have new avenues to explore to perform at my best, take better care of myself, have more fulfilling relationships, and most importantly be okay with the truth of who I am - being me. I am reminded of the importance of fully engaging in my life so that I may feel more deeply satisfied. I love her subtitle, It's Not About the Medal. She does a great job explaining what she means, and how to find peace within right now- regardless of what has been going on in your life, or what it says on your resume thus far. It is a wonderful reminder that we are amazing human beings when we allow ourselves to let our true spirit shine. We are so much more than just our accomplishments. I think this book is for anyone who wants to live a better life, and bring out their true best, and who wants steps to do so. Most importantly it is also for anyone who wants to be inspired and realize that they can feel content within as they go through life's often bumpy road! Highly recommended!

The book was easy to read and understand. Her presentation as an athlete was complete. Especially exposing the coaches that push and push and push at the expense of the athlete. Little does a coach know how detrimental this is emotionally for the athlete, her health, and the stress it puts on the body when she will experience health issues down the road.

Fantastic book! I am taking a Sport Psychology class with Coach Katrina, and her optimism is contagious. This book contains loads of great tools for improving your life and reaching for your dreams. I am going to purchase the book for several friends for Christmas. I highly recommend it!

This book is a must read. We all think we are invincible by leading a high paced lifestyle. This book is for both athletes and non athletes on how to listen to our bodies physically, spiritually and emotionally by reading Katrina's journey on becoming an Olympian. Her journey is truly inspirational. A must read. Hard to put down. What a learning experience.

Katrina's book is a must read for the masses. I am a former professional athlete, a mother, and

someone who has struggled with chronic fatigue. I appreciated her book from all these different angles. Katrina's sharing of her life story and how she healed from years of physical, emotional and mental stress due to her training is nothing short of awe inspiring. Katrina not only shares her own story with interesting and fun anecdotes, yet she also provides practical exercises to help one be their best in their own lives. These exercises are easy to incorporate and clearly the results show for themselves through Katrina's story. Katrina provides inspiration and an invitation to all to "be their best without the stress" -- something we ALL deserve.

Katrina's story is amazing to read and to relate to. She had a lot of success, turmoil and unknowns in her career, but ultimately she overcame her difficulties. She has such a competitive spirit but yet realizes the bigger perspective of enjoying the sport of swimming or anything in life, for that matter. She is now a coach and has a great approach to instruction and is always learning too!

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