

Drinking From My Leg: Lessons from a Blistered Optimist. **By Paul Martin**

How much pain will you endure to reach the finish lines of your life?

Do you chose to accept adversities in your life as blessings designed to enrich the experience?

Are you willing to laugh at yourself?

Paul Martin will challenge you on each of these critical life questions in his new book, **Drinking From My Leg: Lessons from a Blistered Optimist**. Visit <http://www.DrinkingFromMyLeg.com> to order.

There's never been a book quite like it. In these pages you'll witness first hand what it takes to reach the podium, to be the world's best, and, at times, to bounce back from failure, all the while taking in the glory of the journey—which is really what the race is all about.

Paul Martin traveled the world for a decade representing his country in triathlon and cycling...and alpine skiing and ice hockey, too! His experiences on the road—sometimes sliding across it at 30 mile per hour wearing nothing more than Lycra—have been detailed in this 236-page journal. His penchant for self-deprectation and self-glorification make for the most fun-filled motivation you'll ever get your hands on.

Read **Drinking From My Leg** and be inspired, entertained and convinced that there's upside to every downer.

Chris McCormack, 2007 Hawaiian Ironman World Champion says, *"This is the perfect book for every triathlete. You'll laugh so loud and be so inspired that you won't even notice Paul just talked you into signing up for your first Ironman. It's pure comical motivation!"*

Buy the book today and you'll be awarded with discounts on the gear you need from companies like DeSoto Sport, Excel Sports, PowerBar and many more.

Got all the gear you need? Then take advantage of the race discounts from Tri California Events, Xterra or Max Performance and others.

To enjoy all the bonuses, buy the book before 12:00 midnight PST today, June 23, at <http://www.DrinkingFromMyLeg.com>. It's today or nothing. Paul's partners can't give away the store forever. If you would like to get all these

discounts and bonus extras just for getting a copy the funniest motivational book you'll ever read, buy it now!

You've seen Paul on the cover of Experience Life magazine, on the *entire* back page of the *USAToday*, on the Best Damn Sports Show Period, CNN's Headline News and on the podium at five ITU World Championships and four Ironman World Championships. Now you'll get a chance to know him intimately in these pages.

Dave Scott, 6-time Ironman World Champion says, *"I've known Paul for many years and have marveled at his determination, tenacity, and willpower. He has a wonderful optimistic outlook and 'Drinking from My Leg' is a must read for any athlete."*

It's the next book from the critically acclaimed author of *"One Man's Leg; a Memoir,"* which the *USAToday* dubbed *"Irresistible."* Paul's Ironman world record race of 10:09:17 at Couer d'Alene 2005 is just one of the real-life stories you'll be immersed in.

Paul has partnered with active lifestyle companies like PowerBar, SkirtSports, Headsweats, and Endurance Sports Travel, many of whom are providing bonuses detailed below. When you buy a copy of *"Drinking from My Leg,"* you'll get access to discounts on their products and the free downloadable eBook "Competitive Triathlon in 10 Hours A Week"—a \$37 value.

You can buy the book any time, but it is only in the next 24 hours that you'll also receive these bonus gifts—take a look at the bonus providers Paul has lined up for you:

Product Sweepstakes from:

Profile Design
Skirt Sports
Mark Allen Online

Product discounts from:

DeSoto Sports
PowerBar
Excel Sports
Skirt Sports
Brightroom Photography
Kreitler Rollers
Hazard's Cycle Sport
Sports Garage
Head Sweats

Major Taylor Association

Race discounts from:

Xterra
Max Performance
Endurance Sports Travel
Odyssey Adventure Racing

Coaching discounts from:

Training Goals
Fast Forward

Free triathlon training eBook

"Competitive Triathlon in 10 Hours A Week" by Patrick McCrann of Endurance Nation

Mike Reilly, "The Voice of Ironman" says *"Since 1989 I've witnessed over 100,000 Ironman finishers. Paul raising his leg over his head after he finished the 1998 Hawaiian Ironman is one of my top 10 Ironman memories of all time. Paul is a true Ironman not only at a finish line but in life."*

After reading this book you'll find a way to turn obstacles as advantages, to wake each morning appreciating your lot, and to find the spark to tackle the next challenge. All this while laughing your way through the pages! His 2002 World Championship time trial tale will get you fired up to get back on the bike!

There's never a been a book like this: motivational, inspirational and humorous beyond reproach!

And the best part is if you act *today* you could save thousands of dollars on the running, cycling and triathlon items you need.

You could win a 12-week Mark Allen Online training program, T1 Viper clip-on aerobars or Ozero base bars from Profile Design or product from Skirt Sports. And you'll still receive ALL the discounts.

"Drinking from My Leg: Lessons from a Blistered Optimist" is nothing short of a remarkable work of commitment, dedication and persistence with an overload of positivity and, of course, contagious optimism.

Visit <http://www.DrinkingFromMyLeg.com> to get the book and all the bonus stuff. It's the best swag-bag you'll ever get and for the a fraction of the price of any race.

Finally, a motivational book to leave you laughing!

You can choose to gather up all of the bonus gifts, or simply select the ones that most appeal to you. All discount coupon codes are either downloadable or available with a quick email or phone call and easily accessible.

To get all of the bonus gifts, all you have to do is follow these two easy steps:

Step #1: Visit <http://www.DrinkingFromMyLeg.com> to order a copy. You'll be linked directly to Amazon.

Step #2: Return to <http://www.DrinkingFromMyLeg.com> and enter your Amazon order number and personal information.*

You'll be directed to another page to claim your bonus gifts. It's that simple!

Now is the time to take action.

ONLY 2 SIMPLE STEPS

and you can get oodles of product, coaching and race discounts along with a fabulously unique memoir—and a free triathlon training eBook!

P.S. Remember – this is a limited time offer and today is the day to take advantage and receive these fabulous bonus gifts.

For a minimal investment of around \$20 you can begin to update your equipment and training regimen.

P.S.S. Please share this special offer with your friends. Simply forward this email to everyone you know.

***NOTE: This information will automatically enter you in the Sweepstakes: a 12-week Mark Allen Online training program and product from both Skirt Sports and Profile-Design.**