



Becoming Unstoppable: Tools to Elevate Your Game

Kristy Bidwill

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Becoming Unstoppable: Tools to Elevate Your Game Kristy Bidwill

Much more than a page turning memoir about finding authenticity through life's adventures, *Becoming Unstoppable* transforms years of successes and failures into nine straightforward plays easily incorporated into all areas of life. Kristy Bidwill captures her six-year journey of self-discovery and reveals the tools she found that led her to living intentionally and, ultimately, a life she dreamed. She takes you through the adversity of breaking her back to nine weeks later leading a blind veteran to the summit of Mt. Kilimanjaro, an experience that changed her perspective on the meaning of life. Kristy brings you into her journey as she learns to deal with the unexpected while training for an Ironman in 90 days without ever completing a triathlon. In the end, Kristy finds strength and reassurance as she turns to these nine plays to face her biggest disappointment yet: the reality of losing her lifelong dream of conceiving a child. This book will empower you, not just by inspiration but also through the ease in which you can apply Kristy's simple plays to pursue dreams beyond what you ever imagined. Discover what *Becoming Unstoppable* is all about.

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