

# The Grace to Race: The Wisdom and Inspiration of the 80-Year-Old World Champion Triathlete Known as the Iron Nun

Sister Madonna Buder, Karin Evans

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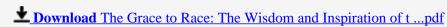
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The Iron Nun, a champion triathlete still competing at age 80, shares her inspiring firsthand account of achieving harmony between body, mind, and soul.



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