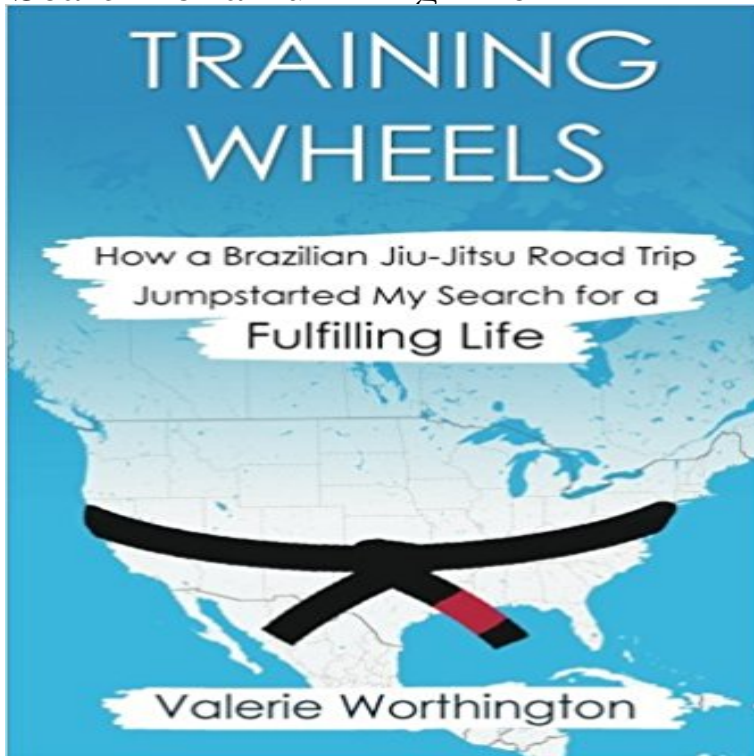


Training Wheels: How a Brazilian Jiu-Jitsu Road Trip Jump-Started My Search for a Fulfilling Life



Valerie Worthington had all the trappings of successful life: a doctorate from a respectable school, a powerful career trajectory, a condo in Chicago but it felt hollow. She was hitting all the right notes yet couldn't escape the sinking feeling that something was, very, very wrong. After her instructor passed away, she faced the truth: the life she had built was not the life meant for her. *Training Wheels* follows Valerie Worthington's unlikely odyssey. After quitting her job and selling her condo, she drives around the country to chase the only passion that ever really made sense to her: Brazilian Jiu-Jitsu. At the time of Valerie's adventure, jiu-jitsu road trips were rare and female practitioners were rarer still. As her story unfolds, every new gym she steps into uncovers more of her inner-self and reveals more about the jiu-jitsu community as a whole: the good parts as well as the nefarious. Valerie's tale is both a story of self-discovery and a unique insight into jiu-jitsu culture. Her one-of-a-kind adventure is engaging, inspiring, and entertaining, a must-read for anyone passionate about living life to the fullest and taking the road less traveled.

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I am also the author of Training Wheels: How a Brazilian Jiu-Jitsu Road Trip Jump-Started My Search for a Fulfilling Life. **Training Wheels: How a Brazilian Jiu-Jitsu Road Trip Jump-Started** Training Wheels: How a Brazilian Jiu-Jitsu Road Trip Jump-Started My Search for a Fulfilling Life. \$14.30. (as of 09/24/2016 at 09:21 UTC). 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Would you give up a normal life to hit the road and train Brazilian Jiu-Jitsu across the country? One woman At the time of Worthingtons adventure, jiu-jitsu road trips were rare and female practitioners were rarer still. **Books and Publications Valerie Worthington, PhD** Editorial Reviews. About the Author. Valerie Worthington was born and raised in Pennington, : Training Wheels: How a Brazilian Jiu-Jitsu Road Trip Jump-Started My Search for a Fulfilling Life eBook: Valerie Worthington: Kindle **jiu jitsu How a Brazilian Jiu-jitsu Road Trip Jump-started My Search for a** Apr 15, 2016 Booktopia has Training Wheels, How a Brazilian Jiu-Jitsu Road Trip Jump-Started My Search for a Fulfilling Life by Valerie Worthington. 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I am also currently completing the Institute for Life Coach Training requirements to become a Board Certified Coach. **Training Wheels: How a Brazilian Jiu-Jitsu Road Trip Jump-Started** : Training Wheels: How a Brazilian Jiu-Jitsu Road Trip Jump-Started My Search for a Fulfilling Life: Valerie Worthington: ??. **Five Steps to Jiu-Jitsu Expertise Inverted Gear** Editorial Reviews. About the Author. Chris Matakas was born in Trenton, NJ in 1986. He is a He believes the most fulfilling life is one spent mastering yourself and serving others. Search Customer Reviews Training Wheels: How a Brazilian Jiu-Jitsu Road Trip Jump-Started My Search for a Fulfilling Life Kindle

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