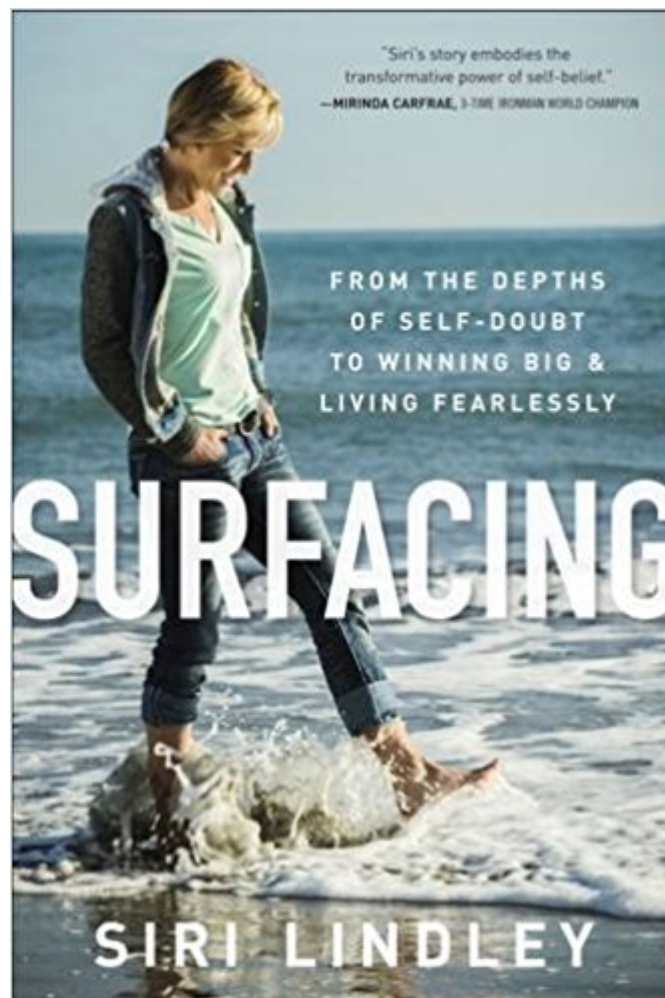




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# Surfacing: From The Depths Of Self-Doubt To Winning Big And Living Fearlessly



## Synopsis

Surfacing is the inspiring story of Siri Lindley, one of the world's best triathlon coaches and a world champion. But before Siri came to dominate the sport of triathlon, she was controlled by deep-seated insecurity that sabotaged her races and forced her to hide her sexuality. When her stunningly beautiful mother caught the attention of an NFL superstar, Siri's idyllic childhood was ripped apart. A whirlwind of glitzy dinner parties and world travel pulled her mother away, and Siri grew up feeling forgotten. As her intense loneliness gave way to anger, she lashed out against her New England life of privilege. Sports set Siri free. Shy and painfully self-aware, Siri came to life when she played field hockey, lacrosse, and ice hockey, and became a starter in all three sports at Brown University. When she fell short of making the national lacrosse team, she felt directionless once again until a friend invited her to watch her race a triathlon and ignited the fire for Siri's life work. Siri failed early and often before she found her formula for success. Brutal swim starts, bike equipment failures at key races, crushing workouts—these were nothing compared to the performance anxiety that reared up from the depths of Siri's early years. It took eccentric Australian coach Brett Sutton to tear up her script of self-doubt and transform Siri Lindley into a world champion. Once she had proved herself to the world, Siri turned inward to stare down the demons that kept her from finding love as a gay woman. Today, Siri guides her own triathletes to win world championships at Kona and around the world. Surfacing is a breathtakingly honest book that shares Siri Lindley's daring journey. Siri proves it's never too late to rewrite your own story and change the thoughts, habits, and behaviors that hold you back. Surfacing will inspire you as it shows how to stop being your own worst enemy and start uncovering your own potential.

## Book Information

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## Customer Reviews

“Surfacing is a journey through the full spectrum of growth and self-discovery that can only happen when we face the truth about our goals and who we are. From her idyllic childhood to the catastrophic emotional depths that world-class performance can demand, Siri Lindley brings us with her as she rises to find the peace that comes from living the truth in her soul. Siri shows how failures lead to the greatest lessons as she shares the trials by fire that led to her deep personal changes and eventually made her a world champion. Can any of us look back at our lives and say we drew a straight line from start to finish? I don’t think so. Siri has the courage to show how compromising herself only caused pain and how living her true self has opened the doorway to a life filled with light and love and hope. Who wouldn’t want that?”

• Mark Allen, legendary triathlon coach and six-time Ironman World Champion

“Siri’s story embodies the transformative power of self-belief.”

• Mirinda Carfrae, 3-time Ironman World Champion

“I’ve known Siri Lindley since the Sydney Olympics in 2000. Back then, I was amazed by all she had achieved as a triathlete. Today, I’m even more impressed by what she’s accomplished as a coach. Surfacing is an inspiring story that gives new meaning to Siri’s triathlon career.”

• Joe Friel, author of *The Triathlete’s Training Bible* and co-founder of TrainingPeaks

“Siri is one of the deepest thinkers in our sport with an intellect equal to anyone in it.”

• Siri will be the best triathlon coach in America.

• Brett Sutton, triathlon coach

“Siri’s performances as a coach and an athlete are well known. What Surfacing brings to light is her remarkable character and history and shows how she was able to achieve such success in our sport.”

• Andrew Messick, CEO of Ironman

“In her memoir, Siri Lindley, a former ITU world champion and now elite-level triathlon coach, reveals the true power of sports.”

Surfacing is an engaging read that provides insight into one of the biggest influencers in the sport today. Lindley shares her story with candor and honesty. It’s an engaging, inspiring read for athletes who are looking to overcome personal hurdles or recreate themselves.

• Triathlete magazine

“Lindley has become undoubtedly one of America’s greatest coaches at both the Olympic and long-course distances.”

A great story. A great read. A truly great and remarkable person.

• Barry Siff for LAVA magazine

“How is a world champion triathlete

born? In her new autobiography, Siri shares the unexpected journey of finding her inner champion and her inner self. Women's Running magazine's "She's one of the most successful coaches of all time. She's also one of the most misunderstood. Meet the ever-evolving, horse-rescuing, (somewhat) newly-married, intuition-driven queen of triathlon." LAVA magazine's "The inspiring story about Siri Lindley, a two-time world champion triathlete who has become one of the world's top triathlon coaches. Lindley shares vivid details of her life story." Competitor magazine's "One of the world's premier coaches, Siri Lindley, whose inspirational book *Surfacing* is filled with many surprises that describe her incredible journey to success as an athlete and coach." Triathlon World's "Amongst the biggest names in the world of triathlon coaching, Siri Lindley is one of those people who always seems to be smiling and exuding positive energy. On reading her new book, one finally understands why. *Surfacing* provides some deep insight on how Lindley got to where she is now: arguably one of the sport's most successful coaches. Surfacing is brutally honest. It isn't just an insightful read: it provides some valuable inspiration and proof that it's never too late to work on the insecurities or doubts that might be holding you back." Triathlon Magazine Canada's "Amazing! I couldn't stop reading Siri's story and it was over all too soon. The energy that Siri brings to her athletes shines through in her personal story." Yvonne van Vlerken, professional triathlete "I have always said if I had to go to war, it would be Siri who I would want beside me. She is fiercely loyal, intensely passionate, and she makes me laugh like no one else does. After reading *Surfacing*, you'll want Siri by your side, too." Loretta Harrop, professional triathlete "Surfacing really shines when Siri describes the challenges in her life and how she deals with them." Tri

Rating "Siri's book is the journey of a champion. No one just wakes up one day and finds success. This is a very personal story that my coach and friend has so generously put on paper. Siri Lindley inspires us to be the best we can be, to dig deeper than we ever have before. This is her story and it's a good one!" Erin Carson "Surfacing is a brave telling of a remarkably rich, complicated, and triumphant life. Siri Lindley has earned every step, every victory, every smile." Mary Carillo, NBC Sportscaster and former professional tennis player "Siri Lindley's memoir *Surfacing* blew me away. This totally unfiltered look into her surprising life will help many people whose circumstances have lead them down a path of self-doubt. An intimate and brilliant read from a courageous, thoughtful. and funny friend." Marvin P. Bush "As Siri Lindley's first triathlon coach, I was overjoyed to read her

book Surfacing. It filled me with emotions. Crying at her struggles, laughing at how she beat them. —• — Yoli Casas, triathlon coach

Siri Lindley emerged from a place of self-doubt and total inexperience to become a world champion triathlete.

This is a very well-written personal look at what it takes to be a triathlete and coach at the elite level. The insights can help both athlete and coach at all levels. The book is also a personal look at how someone can overcome personal demons like low self-esteem to rise to the top of their field and embrace who they are in all their beautiful glory.

Reading this book is like listening to Siri talk in front of you. It's a page-turner written with such candor. Siri talks about her struggles and how she overcame them to be the best person she could be, and turned her life into a living testimony by helping others achieve the same. A must-read for triathletes who are passionate about the sport as they are about life.

I loved this book. It was inspirational to read of her journey to chase what seemed like an impossible dream and achieve it. And to see how she found happiness and self acceptance through the journey

Great autobiography! I am not a triathlete myself, so some of the triathlete names and details were not all that interesting to me, but there was enough interesting material to make it worthwhile. I would definitely hire her as a coach if I wanted to compete! My favorite parts of the book were the last chapter and the epilogue.

I absolutely loved this book - real and raw emotions and absolutely a great read - very motivating as well. A must read for all !

Interesting, fast paced, inspiring. I've already passed along.

Such an inspiring book, that so many will relate to - I loved it! Once I started reading, I didn't want to put it down!

Really enjoyed this book.

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