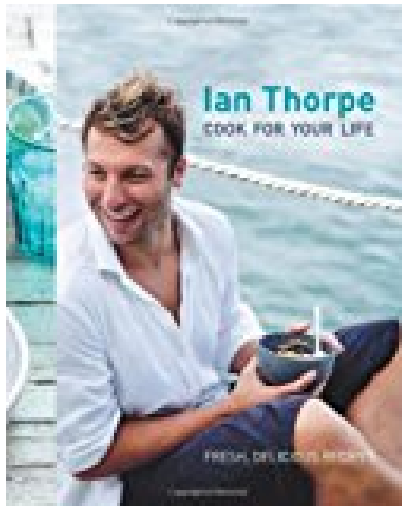


Ian Thorpe Cook For Your Life



BOOK DETAILS

- Author : Ian Thorpe
- Pages : 208 Pages
- Publisher : Hardie Grant
- Language : English
- ISBN : 1740669789

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BOOK SYNOPSIS

Ian Thorpe has long been known for his incredible swimming achievements; less well-known is that he loves to cook. But Ian has learnt through years of competition that he can't just eat anything and achieve an elite level success, healthy eating is something that he has always had to keep in mind to perform at his peak.

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