

# THE FRAILTY MYTH

Redefining the Physical Potential of  
Women and Girls



Colette Dowling

Foreword by Tiffeny Milbrett, U.S. Women's Soccer Team

"Timely . . . celebrates the growth of women's confidence, competence, and self-sufficiency [and] will make you want to schedule an extra morning at the gym."

—FRANCINE PROSE, *Elle*

# Frailty Myth Redefining The Physical Potential Of Women And Girls

**Lingsheng Yao**



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