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An Olympian in 1988, Trish Porter suffered a neck injury in 1994 and took several years off to recover and start a family. After 11 years, Trish rekindle her passion and currently holds all records for high jumping for age 40-44. Trish is also the author of “Rekindle Your Dreams”, an inspirational book for women to learn how to live their dreams even though they think that it is too late or that they have no time. To learn more about Trish and to find more about her book, go to www.trishporter.com. You will be inspired!