



Fearless Frosty: The Mighty Story of Mountain Runner Anna Frost

Chloe Chick, Natalie Kwee

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Fearless Frosty tells the tale of New Zealander Anna Frost and how she chased her dream to become a professional mountain runner.

"Whatever it is, go after it.
Find the thing that makes you fly!
Because one thing is for certain:
You'll never know unless you try."

SisuGirls is a global movement encouraging girls to step into themselves through sport and adventure. *Sisu* is a Finnish term for determination, bravery and resilience. We want all girls to have the self-belief and conviction to try new things, the tenacity to endure, and the bravery to push boundaries. We want girls to discover the outdoors, adventure and sports. Not always to compete, but to be involved, be active and most importantly to learn about themselves and others. We want girls to develop strong foundations of confidence, so they have the self-belief to follow their dreams, with *sisu*.

Fearless Frosty is the first book in our collection of stories about fearless females.

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