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~~Fierce: How Competing for Myself Changed Everything ...~~

Fierce: How Competing for Myself Changed Everything by Aly Raisman is a well-written, emotional, and inspiring book. It tells about Aly ' s success and how she made her way to the Olympics. Her love for gymnastics started when she was only a year and a half old at mommy-

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and-me class.

~~Fierce: How Competing for Myself Changed Everything by Aly ...~~

Fierce: How Competing for Myself Changed Everything Kindle Edition ... But Fierce gives an intimate look into her journey not just as an athlete, but as an impressive and powerful young woman. She's a role model to our daughters, an incredible friend, and the embodiment of bravery and girl power!"-- ...

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American gymnast Aly Raisman is a two-time Olympian and six-time Olympic medalist, and one of those survivors. Although Aly Raisman is no longer competing, she has many important messages to share in her book Fierce: How Competing For Myself Changed Everything.

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Recently, Aly Raisman has become a spokesperson for the #MeToo movement based on her experiences with former team doctor for USA Gymnastics, Larry Nassar.

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Fierce: How Competing for Myself Changed Everything. Discover Aly Raisman's inspiring story of dedication, perseverance, and learning to think positive even in the toughest times on her path to...

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The flat all-telling-no-showing writing in FIERCE: HOW COMPETING FOR MYSELF CHANGED EVERYTHING lacked both emotion and insight. This happened, then this happened, I felt this and that, this happened, the end dulled down what could have been an exciting tale of the ups and downs of competitive gymnastics.

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Within the pages of "Fierce", Aly shares intimate details of her life, discussing topics like mental health, body positivity, and child safety. I could go on, but I think it'd be best if you just went ahead and bought a copy yourself. Overall, I give this book a 5/5 stars and would honestly recommend it to anyone (gymnastics enthusiast or not).

Discover Aly Raisman's inspiring story of dedication, perseverance, and learning to think positive even in the toughest times on her path to

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gold medal success in two Olympic Games--and beyond. Aly Raisman first stepped onto a gymnastics mat as a toddler in a "mommy & me" gymnastics class. No one could have predicted then that sixteen years later, she'd be standing on an Olympic podium, having achieved her dreams. Aly's road to success was full of hard work, perseverance, and victories, but not without its hardships. Aly faced many obstacles, from naysayers who said she'd never make it in gymnastics to classmates who shamed her for her athletic body to a devastating betrayal of trust. Through it all, Aly surrounded herself with supportive family, friends, and teammates and found the inner strength to remain positive and believe in herself. Now, in her own words, Aly shows what it takes to be a champion on and off the floor, and takes readers on a behind-the-scenes journey before, during, and after her remarkable achievements in two Olympic Games--through her highest highs, lowest lows, and all

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the moments in between. Honest and heartfelt, frank and funny, Aly's story is enhanced with never-before-published photos, excerpts from the personal journals she's kept since childhood that chronicle memorable moments with her teammates, and hard-won advice for readers striving to rise above challenges, learn to love themselves, and make their own dreams come true.

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Told from the perspective of a 1988 world champion, a behind-the-scenes account of the personal toll of Olympics competitiveness reveals

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how her stage parents, abusive coaches, and manipulative sponsors pushed her to the limits of her physical and mentalh

New York Times, Wall Street Journal, and USA Today Bestseller! Gold medal-winning Olympic gymnast and Dancing with the Stars champion Laurie Hernandez shares her story in her own words in this debut book for fans of all ages—with never-before-seen photos! At sixteen years old, Laurie Hernandez has already made many of her dreams come true—and yet it ' s only the beginning for this highly accomplished athlete. A Latina Jersey girl, Laurie saw her life take a dramatic turn last summer when she was chosen to be a part of the 2016 US Olympic gymnastics team. After winning gold in Rio as part of the Final Five, Laurie also earned an individual silver medal for her performance on the balance beam. Nicknamed “ the Human

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Emoji ” for her wide-eyed and animated expressions, Laurie continued to dance her way into everyone ’ s hearts while competing on the hit reality TV show Dancing with the Stars, where she was the youngest-ever winner of the Mirrorball Trophy. Poignant and funny, Laurie ’ s story is about growing up with the dream of becoming an Olympian and what it took to win gold. She talks about her loving family, her rigorous training, her intense sacrifices, and her amazing triumphs. Be prepared to fall in love with and be mesmerized by America ’ s newest sweetheart all over again.

Story of Olympic gymnast and motivational speaker Dominique Dawes. She knew what she wanted—a gold medal in the Olympics—and she worked to make it happen, winning her first at age 19. With her personal motto, “ Determination, dedication, and

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desire, ” Dominique went on to win two more Olympic gold medals in gymnastics. And today she carries her message to kids and adults as a motivational speaker with a passionate message—Never give up on your dreams!

In this searing and riveting New York Times bestseller, Olympic gold medalist Dominique Moceanu reveals the dark underbelly of Olympic gymnastics, the true price of success...and the shocking secret about her past and her family that she only learned years later. At fourteen years old, Dominique Moceanu was the youngest member of the 1996 US Women ' s Olympic Gymnastics team, the first and only American women ' s team to take gold at the Olympics. Her pixyish appearance and ferocious competitive drive quickly earned her the status of media darling. But behind the fame, the flawless floor routines,

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and the million-dollar smile, her life was a series of challenges and hardships. *Off Balance* vividly delineates each of the dominating characters who contributed to Moceanu ' s rise to the top, from her stubborn father and long-suffering mother to her mercurial coach, Bela Karolyi. Here, Moceanu finally shares the haunting stories of competition, her years of hiding injuries and pain out of fear of retribution from her coaches, and how she hit rock bottom after a public battle with her parents. But medals, murder plots, drugs, and daring escapes aside (all of which figure into Moceanu ' s incredible journey), the most unique aspect of her life is the family secret that Moceanu discovers, opening a new and unexpected chapter in her adult life. A mysterious letter from a stranger reveals that she has a second sister—born with a physical disability and given away at birth—who has nonetheless followed in Moceanu ' s footsteps in an

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astonishing way. A multilayered memoir that transcends the world of sports, *Off Balance* will touch anyone who has ever dared to dream of a better life.

Nastia Liukin is an Olympic gymnastics all-around gold medalist, but the road to her success was not an easy one. In *Finding My Shine*, she shares not only her personal journey of success, but also her biggest challenges, including her career ending fall during the 2012 Olympic Trials that she now says was the defining moment of her life.

Throughout this book, she delivers her motivational tips toward reaching any goal, overcoming obstacles, and learning how to pick yourself up after the inevitable falls you will have in life. Nastia's story is a true American dream. Born in Moscow, Russia, her parents were both champion gymnasts in their native country. The Liukins moved

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to the United States when Nastia was two and a half, because they wanted to give their daughter every opportunity possible. Even then, Nastia was certain she wanted to be a gymnast, and spent every hour she could in training. That dedication paid off. Nastia became a key member of the US team, winning five Olympic medals. She also won nine world championship medals (four gold and five silver) making her one of the most celebrated gymnasts in US history. Nastia was in the spotlight again in 2015 when she became a competitor on Dancing with the Stars, partnered with Derek Hough. She now speaks to girls and young women across the country in the hopes of motivating them to turn their own dreams into reality. Finding My Shine is a moving story of a remarkable young woman who won Olympic gold, but whose passion truly lies in inspiring others.

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"When the odds were against me, I was always at my best." When she retired at age 19, Shannon Miller did so as one of the most recognizable gymnasts in the country. The winner of seven Olympic medals and the most decorated gymnast, male or female, in U.S. history, Shannon tells a story of surviving and thriving. A shy, rambunctious girl raised in Oklahoma, Shannon fell in love with gymnastics at a young age and fought her way to the top. In 1992 she won five Olympic medals after breaking her elbow in a training accident just months prior to the Games. Then, in 1996, a doctor advised her to retire immediately or face dire consequences if she chose to compete on her injured wrist. Undeterred, Shannon endured the pain and led her team, the "Magnificent Seven," to the first Olympic team gold medal for the United States in gymnastics. She followed up as the first American to win gold on the balance beam. Equally intense,

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heroic and gratifying is the story of her brutal but successful battle with ovarian cancer, a disease from which fewer than fifty percent survive. Relying on her faith and hard-learned perseverance, Shannon battled through surgery and major chemotherapy to emerge on the other side with a miracle baby girl. Her story of trial, triumph and life after cancer reminds us all that its life's bumps and bruises that reveal our character. From early on in her career, Shannon knew that life wasn't about perfection. In this incredible and inspirational tale, Shannon speaks out so as to be seen and heard by thousands as a beacon of hope.

A year after being nearly paralyzed, Audrey Lee is going to the Olympics but the United States' gymnastics team is on the verge of collapse and Leo, her new coach's cute son, is another distraction.

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