

Read PDF My Olympic Dream

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QJZQIT - KENDALL BRYSON

Kelly Holmes made history when she brought home double gold in the 2004 Olympics, becoming a national hero. She won Sports Personality of the Year, was given a Damehood, fully backed London's successful 2012 Olympic bid and became a superstar on the red carpet as well as a much acclaimed and consulted professional in the sporting world. Now in her staggeringly honest updated autobiography she reveals the times she fought back tears to battle against injury and win gold, plus the emotional decision she made to retire from athletics. Including details of her unsettled childhood, trials in the army and a struggle with self harm, Kelly's amazing determination carries through to make this inspirational and powerful autobiography a tale of triumph over adversity and a model for readers of all ages and backgrounds.

"Lis Hartel became paralyzed after contracting polio in 1944. Her dreams of riding horses and competing in the sport of dressage were shattered. After months in the hospital, doctors told her she'd never ride again. Lis tried anyway. How do you stay on a horse without using your legs? How do you give the subtle cues needed in dressage with limited mobility? With hard work--and an unlikely horse named Jubilee. After years of training together and creating a new way of communicating, Lis and Jubilee danced into the competition ring, and eventually all the way to the Olympics. Lis Hartel was the first woman with a disability ever to win an Olympic medal, and the first woman to stand equally beside men on the Olympic winners' podium in any sport."--

Over the last 50 years, the struggles to achieve equity in sport have become central to the feminist mission. This book contains an inspiring collection of stories from the women on the front lines: athletes, coaches, educators, and activists for women's sport, who have done so much to foster change. Many of the women profiled here reflect on their tough beginnings in sport: being isolated and unconnected, competing in makeshift settings, training alone, and inadequate equipment. But they also reflect on the joy of movement, teamwork, and competition. These women grew to be remarkable role models and helped to dismantle sexism in sport. To read these stories is to swell with pride over their victories, to empathize with their battles with discrimination, and to become re-energized to confront collectively the many hurdles left to clear.

The gymnast who led the U.S. team to the gold medal at the 1996 Summer Olympics recounts her childhood, her training, her relationship with her coaches, and her Olympic experience

The greatest football team ever. Managed by you. Here are the finest players that have ever lived, in every single position, fighting for a place in your squad. No manager has ever had to make these decisions before, but no manager has ever had talent like this at his disposal.

Gilbert Tuhabonye is a survivor. More than ten years ago the centuries-oldattle between the Hutu and Tutsi tribes of Africa came to his school.uelled by hatred, the Hutus forced more than a hundred Tutsi children andteachers into a small room and used machetes to slash most of them to death.he unfortunate ones who survived were doused in petrol and set on fire.fter hiding under a heap of his smouldering classmates for more than eightours, Gilbert heard an inner voice saying, "You will be alright; you willurvive." Gilbert was the lone survivor of the school attack and thanks hisnduring faith in God for his survival. Today, Gilbert is a world classthrlete, running coach, and celebrity in his home town of Austin, Texas. Theoad to this point has been a tough one, but he uses his survival instinctsto spur him on to the goal of qualifying for the 2008 Olympic summer games.n his own words Gilbert recounts not only the horrific event back in 1993,ut the transformative power of forgiveness and faith: a truly compelling andmotive tale.

The 1936 Berlin Olympics brought together athletes, politicians, socialites, journalists, soldiers and artists from all over the world. But behind the scenes, they were a dress rehearsal for the horrors of the forthcoming conflict. Hitler had secretly decided the Games would showcase Nazi prowess and the unwitting athletes became helpless pawns in his sinister political game. Berlin Games explores the machinations of a wide cast of characters, including sexually incontinent Nazis, corrupt Olympic officials, transvestite athletes and the mythic figure of Jesse Owens. By illuminating the dark, controversial recesses of the world's greatest sporting spectacle, Guy Walters throws shocking new light on the whole of Europe's troubled pre-war period.

What can you learn from over 80 Olympic athletes about Goal Setting, Planning, Attitude, Success and Fighting for your dream? Learn the secrets of success from top achievers from around the world. Foreword by Scott Hamilton.

SHORTLISTED FOR THE WILLIAM HILL SPORTS BOOK OF THE YEAR 2018 The uplifting, feel-good autobiography of Ben Ryan, the coach of the Olympic gold-medal winning Fijian rugby team It is late summer 2013. Ben Ryan, a red-haired, 40-something, spectacle-wearing Englishman, is given 20 minutes to decide whether he wants to coach Fiji's rugby sevens team, with the aim of taking them to the nation's first-ever Olympic medal. He has never been to Fiji. There has been no discussion of contracts or salary. But he knows that no one plays rugby like the men from these isolated Pacific islands, just as no one plays football like the kids from the Brazilian favelas, or no one runs as fast as the boys and girls from Jamaica's boondocks. He knows too that no other rugby nation has so little - no money and no resources, only basic equipment and a long, sad history of losing its most gifted players to richer, greedier nations. Ryan says yes. And with that simple word he sets in motion an extraordinary journey that will encompass witchdoctors and rugby-obsessed prime ministers, sun-smeared dawns and devastating cyclones, intense friendships and bitter rows, phone taps and wild nationwide parties. It will end in Rio with a performance that not only wins Olympic gold but reaches fresh heights for rugby union and makes Ben and his 12 players living legends back home.

This book celebrates two important aspects of the London 2012 Olympic and Paralympic Games. (1) For those involved in any aspect of Olympism, and particularly coaches and athletes, London 2012 was about realising dreams, achieving success and participating in competitive sport at the highest level. This book sets out some of these dreams and the part coaches play in this. (2) The book also looks at the notion of 'coaching-for-performance' and does this from an international and multi-sport perspective. From interviews with Olympic coaches, the experiences of those working in the field of high performance and from applied sport researchers, the book uses the metaphor of the 'coach-as-chemist' in order to capture the dynamics of coach-athlete relationships and performance. Sports such as diving, swimming, gymnastics, skiing are included as well as individual and team sports. The book is set within the context of elite sport, high performance and coaching. Its contents illuminate two important kinds of reflective practice: (a) Reflection-ON-action (b) Reflection-FOR-action. The style of presentation includes narratives, reflective conversations, ethnographic work, interview analysis and video-clips available on-line. This book was published as a special issue of Reflective Prac-

tice.

The fourth edition of the Historical Dictionary of the Olympic Movement presents a comprehensive history of the games from the first recorded history of the games in 776 B.C. to the present day. This is done through a chronology, forewords by Dan Jansen and Mike Krzyzewski, an introductory essay, appendixes, a bibliography, photos, and over 900 cross-referenced dictionary entries covering the history, philosophy, and politics of the Olympics and, of course, the medal winners. This book is an excellent access point for students, researchers, and anyone wanting to know more about the Olympics.

On 4 August 2012 Jessica Ennis kicked off what some described as the greatest night in British sporting history. For her it was the end of a long, winding, and sometimes harrowing road. Nobody was under more pressure at the London Olympics than 'the face of the Games'. Yet Jessica delivered the heptathlon gold medal, and the huge outpouring of relief she showed afterwards hinted at the roller-coaster journey she had been on. Behind the smiles and politeness, Jessica has endured much. Bullied at school for being small, she proved to critics and rivals alike that size really didn't matter. Hers is an inspiring tale of following your dreams no matter what life throws at you. In 2008 Jessica thought her career might be over when she was injured on the eve of the Olympic Games in Beijing. But she overcame this setback to rebuild her career and technique, becoming the world and European champion in successive years. Her biggest test was yet to come, though, when her rivals overhauled her in the build-up to London. Unbelievable is a refreshingly candid account of her rise to fame in a highly charged world in which body image issues and drug abuses lurk. From the unique pressures facing her, to behind-the-scenes glimpses into the greatest show on earth, and a revealing account of her love-hate relationship with her long-term coach, Jessica reveals the truth behind the smiles for the first time. Unbelievable includes exclusive behind-the-scenes photos. This is the story of how the girl next door became London's poster girl, and how an ordinary woman used an extraordinary talent to claim the title of the world's greatest all-round female sports star.

Things happen in life for different reason, some are good and others are bad but only by passing through all this hard time to the end will you look back and understand the meaning of your suffering. Today I decided to write my life story to inspire people and the next generation to learn from what I have been through in life, as example to fulfil their life ambition. For them to understand that no mountain is too high to climb, everything is possible when you believe in yourself. When someone asks me 'Emmanuel why did you do it, why are you telling people this story, is it for to be famous, is it for the money?' I shall reply and say nothing, and if they ask me again, I will tell them I did for the future and I did it for the next generation. I believe I suffer and went through the struggling and fight so that I may live and tell this story today for others to learn from it. There were many of us but not all made it and not all were able to get to this point and tell their story. My aim of writing to the world is to inspire every single person out there, I may not know the problem or what you going to in life but I have been through a lot and I can tell you this. If you stood up and keep your heard high in the sky, you will overcome all you're the obstacles which face you in your life. Even if all hope fade away, just keep believing in yourself because this is a marathon and will not finish your race till your last Godgiven brief. Look around you and ask yourself this question, who I am, who I want to be in future, how my journey will end? You determine your own journey and you determine your own destiny. When life gives you sand, try to build brick with it because little drops of water make a mighty ocean. My life was one of pure adventure, it took me through the mountains and the low valleys, help I seek but they never come. In all I never give up hope, I kept walking each day and believing because in life you must believe and you must have vision of the future. I dream about the future and I had vision about the future. This kept me going, this kept me alive and fighting for survive and in place in this world. Wherever you are in this world, if you come across this book, there is only one thing am telling you; believe in yourself, fight for everything in your life. Embrace everything nature throws at you and never give up. Success is never handed to us, you must fight for it and you must taste the pain. Follow your dream and fighting hard for your future, do not be a coward and do not be the man who will stand one day in the morning and see the rising in the morning sun. Anyone who says I wish I had done this, I wish I had chosen a different path, that will be too late for you to change everything. Don't be that person to sing that song. Fight a good fight, run a good race and finish your race in good faith and good determination so that the world will leave and remember you for many years to come.

"Momentum: Chasing the Olympic Dream" is a memoir that people are calling the best-ever look into ski culture. Pete Vordenberg is already a favorite writer in the XC ski magazine scene. Here he pulls out all the stops and opens skiing to all of life in a way we haven't seen before. Vordenberg is a two-time Olympian, NCAA Champ, and a current US Team Coach on a team which has, not coincidentally, become the winningest team we've seen in decades. "Momentum" is about spirit and camaraderie. If you're tired of sports ego-mania and doping scandals, the big little world of American XC ski racing offers a breath of cold, fresh air."Momentum" is a non-linear voyage traveling the world, crossing from childhood to the edge of adulthood. It shares the quixotic humor, excitement, and poignancy inherent in the pursuit of something as unlikely as an American gold medal in XC. Americans in XC ski racing have to make their stand with little support, and great, continuous effort, for a long time -- about 15 years before they can expect best results. How to endure for that long? Vordenberg shows us that you can't make it without your family, friends and coaches. In "Momentum" we see friendships like we know sports can show us, but we also feel what it's like to be hanging in the wind oceans away from home and help. Why dedicate your life to such slim chances for victory and even less for livelihood? Vordenberg says: "This is not a retelling of the little engine that could. Rather, it is about why the little engine even tried." Bob Woodward, veteran ski journalist, says "The marvel of Vordenberg's book is that it appeals to the non-skier as well as to ski racers past and present. Healthy doses of self-revelation, touches of *On The Road*, and remarkable insights make this a unique book. It's supposedly about skiing--but it's more about life and seizing it."

The image of Samia Yusuf Omar running for last place at the 2008 Beijing Olympics will forever be imprinted in the minds of all who saw it: The lean Somalian, wearing knee-length leggings and a baggy T-shirt, came in seconds behind her competitors. What the cheering crowd couldn't know then was what it took to get there. An Olympic Dream follows Omar's second attempt to represent her country at the Olympics, this time in London. Reinhard Kleist pictures the athlete training in one of the most dangerous cities in the world; her passage through Sudan and into Libya; and her fateful attempt to reach Europe. By telling the story of one remarkable woman, Kleist gives voice to the thousands of migrants who risk their lives daily for a better future.

Martin Avery reflects on the place of hockey in the Canadian soul. Bobby Orr And Me flows from Avery's boyhood games in the Muskoka/Parry Sound region in the heart of Canada and it examines the globalization of hockey. Part memoir, part essay on national identity, part hockey history, Hockey Dreams is a meditation by a Canadian author on the essence of the game that helps define our nation.

Thirteen-year-old DJ needs God's help in achieving her dream of getting a horse and competing as a show jumper in the Olympics.

What happens when you have nowhere to go from rock bottom, when hope is just another four-letter word? How does life's spiral turn into a place of victory? In A Brand-New Horizon, Cheryl B. Edwards will navigate you from high mountains of victory to deep caves of desperation. Her journey includes a seventeen-year career competing for Canada at international track-and-field events, culminating in a world-shattering nervous breakdown. That sudden mental collapse led her into a relentless twenty-year battle with mental illness. In this book, Cheryl writes openly about how God redeemed her from the bondage of fear and unspeakable depths of darkness to bring her into His marvellous light. Her desire in sharing her story is to give an account of her personal experience of hope in Jesus. This is a personal testament to the hope she has received through God's grace.

When Katie Taylor was chosen to bear the Irish flag at the opening ceremony of the London Olympics, the pressure was on for her to deliver gold for Ireland when she stepped into the boxing ring. It was the first time that the Olympics had included women's boxing as one of its events, and she knew she had to deliver - especially as she had campaigned for this chance. She had won four World Amateur Championship titles since 2006, but this was the biggest tournament of her career. Taylor reveals how she trained and prepared for the Olympics, and explains what got her into boxing in the first place. A committed Christian, she trusted in her faith to see her through the toughest challenges. With the whole nation willing her on, and her home town of Bray having ground to a halt, on 9 August she fulfilled her Olympic dream, winning gold in a close-fought contest. And Ireland celebrated with her. Taylor relives these glorious moments, and looks back on the triumph that changed her life forever. It is a special story from a truly remarkable woman.

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Everyone knows Danny Powell was born to run. But no one knows Danny dreams of beating the fastest man on the planet. Until one day Danny accidentally lets it slip, and that's it. His ambition is out there - and everyone's laughing at him. Except, what if Danny could be the next 100m world champion? With the Olympic Games on his doorstep, there's only one way to find out. Will Danny's family and friends cheer him over that finishing line - and watch his dream come true? ** From an award-winning chief sports reporter for The Times. Owen will be reporting on the Olympics for The Times, lending even more authority as the author of this series in the lead-up to the Games. ** The 100m mens final is the one of the most popular Olympic events, and Running for Gold features non-fiction facts and figures woven into an inspiring fictional story.

ABOUT THE BOOK The story of Svea Jansson unfolds over the course of many years. It is the story of a child growing into womanhood who finds that there is a great family secret. Throughout her life Svea reflects upon her earlier years. To her it is as if there is a mystery that encompasses her very being .secrecy, abandonment, secrecy, abuse, secrecy, hidden stories, secrecy, a heritage. This is the story of seeking answers and of discovery. Throughout the story Svea Jansson reflects upon earlier incidents in her life. She is a child of a mother who is elsewhere. She is a child that is moved from place to place, from home to home until she cannot recall where she lived or why. One place however, stands out in her mind. That is the house on Maple Street with its very large front porch where she lived with her Swedish grandmother and grandfather sometimes. That is the place where she remembers that the woman named Ellen, reportedly her mother, came to visit. Svea remembers the wonderfully exciting times she had whenever Ellen visited. She remembers the unrelenting arguments that her mother and grandmother had during every one of those visits. She remembers seeking escape and comfort on the front porch where she could not hear those arguments. However, there is much that Svea does not remember. When her grandmother dies, Svea is cast about again and lives with an aunt and uncle for a short time and then is moved into a home in another town with her mother, Ellen and step-father, Gordon Knox. Struggling with her frailty and overcoming the illnesses she encounters, she grows into her teen years. It is then that she finds the piece of paper that she has never seen before. That paper, divorce papers of her mother's, discloses that the father that she has always been told is hers is not. When she uncovers her birth certificate hidden away she realizes that there is more to this cover up of her birth records than she had imagined. Grandmother Knox tells her, "Your mother was in a terrible scandal." What is the scandal? What is the story behind this wom

From the age of nine, Michael dreams of playing basketball for the United States in the Olympics, and with hard work and his mother's encouragement, he realizes his dream. Full color.

To all the kids who dream of going to the Olympics, "GO FOR THE GOLD!"

With the 2012 Olympic Games on the horizon, talk of high-level performance, achievement, going for gold and motivational strategy is already rising in pitch. Former Olympic rower Jason Dorland knows how important it is to convey the right message about winning. In this compelling memoir, he shares his challenging journey to cultivate a healthier outlook. Detailing his experiences rowing with the Canadian National Rowing Team and later coaching high-school crews, he reveals how a devastating performance at the 1988 Olympics defined his life for years to come. "In it to win it," he fell apart when that didn't happen. The same win-at-all-costs mentality that made the Olympic loss so hard to bear was also what made it difficult for him to move forward, despite his efforts to overcome his overwhelming sense of failure. An honest, intimate look at the reality of high-level athletics, Jason's memoir is more than a sports story.

The Olympic runner, actress, filmmaker and writer Alexi Pappas shares what she's learned about confidence, self-reliance, mental health, embracing pain, and achieving your dreams. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY REAL SIMPLE • "Heartbreaking and hilarious."—Mindy Kaling • "A beautiful read."—Ruth Reichl • "Essential guidance to anyone dreaming big dreams."—Shalane Flanagan • "I couldn't put it down."—Adam Grant run like a bravey sleep like a baby dream like a crazy replace can't with maybe When "Renaissance runner" (New York Times) Alexi Pappas—Olympic athlete, actress, filmmaker, and writer—was four years old, her mother died by suicide, drastically altering the course of Pappas's life and setting her on a search for female role models. When her father signed his bereaved daughter up for sports teams as a way to keep her busy, female ath-

letes became the first women Pappas looked up to, and her Olympic dream was born. At the same time, Pappas had big creative dreams, too: She wanted to make movies, write, and act. Despite setbacks and hardships, Pappas refused to pick just one lane. She put in a tremendous amount of hard work and wouldn't let anything stand in her way until she achieved all of her dreams, however unrelated they may seem to outsiders. In a single year, 2016, she made her Olympic debut as a distance runner and wrote, directed, and starred in her first feature film. But great highs are often accompanied by deep lows; with joy comes sorrow. In Bravey, Pappas fearlessly and honestly shares her battle with post-Olympic depression and describes how she emerged on the other side as a thriving and self-actualized woman. Unflinching, exuberant, and always entertaining, Bravey showcases Pappas's signature, charming voice as she reflects upon the touchstone moments in her life and the lessons that have powered her career as both an athlete and an artist—foremost among them, how to be brave. Pappas's experiences reveal how we can all overcome hardship, befriend pain, celebrate victory, relish the loyalty found in teammates, and claim joy. In short: how every one of us can become a bravey.

The passionate, poignant, and triumphant story of two-time Olympic gold medal-winning beach volleyball icon Misty May-Treanor. More than any Olympics in history, the 2008 Beijing Summer Games captured the world's imagination, and Misty May-Treanor became one of the biggest U.S. stars on the global stage. Now she shares the story of her life and remarkable athletic career. Destined for beach volleyball superstardom, having been raised on famed Muscle Beach in Santa Monica, California, Misty talks about the personal and professional challenges she has faced and the life lessons she has learned in the process. From growing up with two driven, competitive, accomplished athlete parents and living in a volatile household rocked for years by their alcoholism to the heartbreaking death of her mother from cancer, Misty reveals intimate details never before publicly discussed. She tells behind-the-scenes stories about her eight-year climb to the top of beach volleyball with partners Holly McPeak and Kerri Walsh; her career-threatening injuries; her role on ABC's hit television show Dancing with the Stars; and of course, her historic two Olympic gold medals and the special rewards they've brought. Offering an unprecedented glimpse into the life of a cherished celebrity sports icon and an ambassador for women's athletics, Misty will touch, inspire, and empower readers everywhere.

By the time Spud Alford was twenty-one, he had strengthened his athletic skills enough to become a serious contender for the American team at the 1980 Moscow Olympics. Fate, however, had a different idea of how the young track and field star should outpace his competition. Four years later, it looked like Alford might finally get his shot. Again, fate intervened, and this time, young Alford confronted a cancer diagnosis. God, If You Are Real.... An Olympic Dream, Cancer Nightmare, and the creation of Finger Football is the heartbreaking, hilarious account of one man who time and again passes the wrong end of the torch, only to rally and rise above his seemingly limitless lot of bad luck. With hope, heart, and humor, this frank and funny account of one man's journey from Olympic hopeful to company leader is certain to inspire readers seeking a refreshing perspective. Anyone who is ready to blaze a trail as an athlete, a businessperson, or as an individual seeking deeper meaning in their days will find plenty to laugh about—and think about—in this rollicking, fast-paced memoir of one life on the skids, with only the help of one lost soul.

'My heart was pounding ... yet I was sitting still! This was the most exciting moment in my life and the culmination of my boyhood dream. I was where thousands of eventing riders around the world had dreamt of being—the Olympics.' This is the story of a young boy with an impossible dream - competing at the Olympics. From the age of four, Imtiaz Anees took to horse-riding like fish to water. It soon became a passion, one that continued through his life, beginning with his first competitive win at the age of six, eventually winning multiple equestrian events both nationally and internationally. Imtiaz is the only Indian rider to complete an equestrian three-day event at the Olympics, in Sydney in 2000, at the age of thirty, in an elite sport long associated with royalty and wealth and primarily the army in India. In Riding Free, Imtiaz re-traces the major milestones of his riveting twenty-year-long journey. The stories he tells are heartfelt, emotional and inspirational for the next generation of dreamers—a way to 'give back', in small measure, the enormous goodwill and help he received from all kinds of people in his Olympics journey. Behind Imtiaz's success are also the struggles and setbacks that pushed him to work harder and achieve peak performance. In a sport where the result depends on both man and animal, the deep bond Imtiaz shares with his horses will leave animal lovers spellbound. Here is a story that will inspire every athlete to 'never give in'.

Joshua Sellers and Bobby Gillman have made the American Olympic team, and are poised to run as Jewish-American athletes. But what happens to Joshua as he gets ready to run for an Olympic gold medal in the crosswinds, under the crooked cross of Nazi Berlin? Racing with irony through the veins of inevitable, bitter, history, Ghost Runners exposes the far-reaching menace of American anti-Semitism, and illuminates the truth about the American dream. It is also a story of friendship, in the face of a great rivalry. "I needed you, Josh," said Jesse Owens, "We were both on the same side. My place could only be first, if you were there, racing beside me." "Beside you? I wanted to run through you. I wanted to beat you in a foot race." For women, sports-minded men, and young adults, based on real events surrounding the 4x100 Meter Relay American Olympic team in Berlin, 1936. Both a love story, a sports story, and a cautionary tale of friendship in a time of evil, the finish line is set in both the past and the future. An unforgettable, transforming odyssey. Ghost Runners: An Olympic Dream Betrayed. Robert Rubenstein.

On 4 August 2012 Jessica Ennis kicked off what some described as the greatest night in British sporting history. For her it was the end of a long, winding, and sometimes harrowing road. Hers is an inspiring tale of following your dreams no matter what life throws at you. Unbelievable is a refreshingly candid account of her rise to fame in a highly charged world in which body image issues and drug abuses lurk. From the unique pressures facing her, to behind-the-scenes glimpses into the greatest show on earth, and a revealing account of her love-hate relationship with her long-term coach, Jessica reveals the truth behind the smiles for the first time. Unbelievable includes exclusive behind-the-scenes photos. This is the story of how the girl next door became London's poster girl, and how an ordinary woman used an extraordinary talent to claim the title of the world's greatest all-round female sports star.

From three-time Olympian and Olympic champion Kyle Shewfelt, this is the inside story of his pursuit of gymnastics glory, his courageous comeback from two broken legs and how the difference makers in his life guided him along the way. Kyle Shewfelt was at the top of his sport: a polished performer with an unrelenting drive to be the very best carried him to the pinnacle of men's gymnastics and a historic Olympic gold medal for Canada on the floor exercise. But when a mistimed landing in a training session at the world championships leaves him with two broken legs just eleven months before the next Olympic Games, Kyle's self-belief is cast into doubt and he is forced to awaken a new level of determination to realize his final goal. Make It Happen is a motivational memoir that explores every aspect of Kyle's journey through sport. From his early years of cartwheeling around his home and falling in love with gymnastics, to his battles with perfectionism, taunting from a cruel bully and a stint of teenage rebellion, Kyle gives a gripping and honest glimpse into the pursuit of his Olympic dream. He takes readers behind-the-scenes to the epic Olympic after-parties and on the wave of post-Olympic fame while also shedding light on the darkness of injury, the intensity of elite training and the pressures of expectation. Throughout, he shares how he conquered fear and self-doubt with

the help of dedicated family, friends, teammates, coaches and mentors - first to reach the Olympic Games, then to stand on top of the podium, then to comeback in the wake of a devastating injury and finally, to find a new sense of purpose in his life after retiring from elite sport. With his trademark candor and spirit, Kyle pays tribute to the difference makers in his career and shares a fresh perspective on how to nurture a champion. He details his winning formula and the factors that led to his triumphant success at the 2004 Athens Olympics and highlights the positive power of sport. This is a story of hope and resilience, and what it takes to "make it happen", no matter what the goal. PRAISE FOR MAKE IT HAPPEN: "Make It Happen has made a positive impact in the way I approach training, competition and life. Kyle blazed a new trail for Canadian gymnastics and showed us all that reaching the top of an Olympic podium is actually possible. He has been a difference maker in my life and his book continually filled me with new insights and fresh inspiration. I believe every athlete can benefit from reading it!" Ellie Black, 2x Olympian, 2017 World All-Around Silver medalist and 10x Pan Am Medalist "Make It Happen is a must-read for all athletes, parents and coaches. Kyle's journey is a great example of what it means to be athlete driven and parent/coach supported. I loved the honesty in which he shares his inner dialogue as he progressed and matured from a young tumbler to a world-class gymnast. This story is as much about Kyle's journey as a person as it about his journey as an Olympic Champion. Marnie McBean, OC, OLY, 3x Olympic Rowing Champion "Kyle's account of a life in sport is honest and raw. It brought laughter, surprise, excitement, tears, and above all, hope. . . The glimpses of his parents' pragmatic and unwavering support, coupled with their commitment to raising and a young man rather than an elite athlete, impacted me more than any how-to book on the same topic could ever accomplish. Make It Happen is compulsory reading for today's sport parent. Krista Thompson, Parent

Surfacing is the inspiring story of Siri Lindley, one of the world's best triathlon coaches and a world champion. But before Siri came to dominate the sport of triathlon, she was controlled by deep-seated insecurity that sabotaged her races and forced her to hide her sexuality. When her stunningly

beautiful mother caught the attention of an NFL superstar, Siri's idyllic childhood was ripped apart. A whirlwind of glitzy dinner parties and world travel pulled her mother away, and Siri grew up feeling forgotten. As her intense loneliness gave way to anger, she lashed out against her New England life of privilege. Sports set Siri free. Shy and painfully self-aware, Siri came to life when she played field hockey, lacrosse, and ice hockey, and became a starter in all three sports at Brown University. When she fell short of making the national lacrosse team, she felt directionless once again until a friend invited her to watch her race a triathlon—and ignited the fire for Siri's life work. Siri failed early and often before she found her formula for success. Brutal swim starts, bike equipment failures at key races, crushing workouts—these were nothing compared to the performance anxiety that reared up from the depths of Siri's early years. It took eccentric Australian coach Brett Sutton to tear up her script of self-doubt and transform Siri Lindley into a world champion. Once she had proved herself to the world, Siri turned inward to stare down the demons that kept her from finding love as a gay woman. Today, Siri guides her own triathletes to win world championships at Kona and around the world. Surfacing is a breathtakingly honest book that shares Siri Lindley's daring journey. Siri proves it's never too late to rewrite your own story and change the thoughts, habits, and behaviors that hold you back. Surfacing will inspire you as it shows how to stop being your own worst enemy and start uncovering your own potential.

Growing up in New Jersey as the only African American Muslim at school, Ibtihaj Muhammad always had to find her own way. When she discovered fencing, a sport traditionally reserved for the wealthy, she had to defy expectations and make a place for herself in a sport she grew to love. From winning state championships to three-time All-America selections at Duke University, Ibtihaj was poised for success, but the fencing community wasn't ready to welcome her with open arms just yet. As the only woman of color and the only religious minority on Team USA's saber fencing squad, Ibtihaj had to chart her own path to success and Olympic glory. Proud is a moving coming-of-age story from one of the nation's most influential athletes and illustrates how she rose above it all.