

Courage To Soar A Body In Motion A Life In Balance

Some Kind of CourageG. O. A. T. - Simone BilesNo One Cares About Crazy PeopleThe End of the Perfect 10I Got ThisShe is Fierce: Brave, Bold and Beautiful Poems by WomenBecoming an Olympic GymnastCourage to FlyTrailblazers: Simone BilesCourage to SoarOlympic CollisionSimone BilesSkyboundLetters to a Young GymnastRaising the BarLittle Girls in Pretty BoxesSimone BilesLife in MotionThe Girl with the Louding VoiceThe Courage to Be YourselfParadise LostSimone BilesSoarCourage to Soar (with Bonus Content)Off BalanceWinning BalanceGrace, Gold and GloryThe Whitlock WorkoutSoar, Adam, SoarFierceSimone BilesCourageous Gilbert the GroundhogWalk, Run, SoarRaising the BarMaster Key System - Law of AttractionFlying HighTone It UpHeart of a ChampionSuccessful Women Think DifferentlyThe Story of My Life

Some Kind of Courage

WITH A NEW FOREWORD BY FORMER OLYMPIC GYMNAST JAMIE DANTZSCHER Welcome to the world of women's gymnastics and figure skating--the real world that happens away from the cameras, at the training camps and in the private lives of these talented teenage competitors. From starvation diets and debilitating injuries to the brutal tactics of tyrannical gymnastics guru Béla Károlyi, LITTLE GIRLS IN PRETTY BOXES portrays the horrors endured by girls at the hands of their coaches and sometimes their own families--and is now updated with a new introduction and foreword that address the sexual abuse scandal perpetrated by USA Gymnastics national team doctor, Larry Nassar. This groundbreaking book shows how a longstanding culture of abuse made young gymnasts perfect targets for a sexual predator, and continues to plead for sanity, safety, and an end to our national obsession: winning at any cost.

G. O. A. T. - Simone Biles

In The end of the perfect 10, Dvora Meyers provides an account of the controversial world of gymnastics, the recent changes to the scoring system, and what these changes mean for the future of American gymnastics.

No One Cares About Crazy People

Nile Wilson first shot to fame in 2014, when he became the only British gymnast to win five gold medals

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at the European Junior Gymnastics Championships. The same year, he won four medals as a senior in the Commonwealth Games and is the current Commonwealth Champion on the horizontal bar. In 2016, he won bronze at the Rio Olympics and is tipped to win gold at the next World Championships and Olympics. He has recently won three gold and two silver medals at the Gold Coast Commonwealth Games. Nile is also a YouTube sensation, with over 750,000 subscribers to his channel. His videos are not only educational, but also highly entertaining and to date have been viewed over 45 million times! Nile is very passionate about his sport and works tirelessly to encourage more people to get into gymnastics. His book will be a guide for anyone new to the sport and will show just how easy it is to get and stay fit using gymnastics.

The End of the Perfect 10

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

I Got This

Popular author and professional certified coach Valorie Burton knows that successful women think differently. They make decisions differently. They set goals differently and bounce back from failure differently. Valorie is dedicated to help women create new thought processes that empower them to

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succeed in their relationships, finances, work, health, and spiritual life. With new, godly habits, women will discover how to: focus on solutions, not problems choose courage over fear nurture intentional relationships take consistent action in the direction of their dreams build the muscle of self-control In this powerful and practical guide, Valorie provides a woman with insight into who she really is and gives her the tools, knowledge, and understanding to succeed.

She is Fierce: Brave, Bold and Beautiful Poems by Women

'A soaring gift of a book' Owen Sheers 'Remarkable' Mark Vanhoenacker, author of Skyfaring 'Stunning . . . a love letter to nature' Cathy Rentzenbrink, author of The Last Act of Love In her mid-thirties Rebecca Loncraigne was diagnosed with breast cancer. Two years later, and after months of gruelling treatment, she flew in a glider for the first time. In that engineless plane, soaring 3,000 feet over the landscape of her childhood with only the rising thermals to take her higher and the birds to lead the way, she fell in love. If illness meant Rebecca had lost touch with the world around her, gliding showed her a way to learn to live again. And so Rebecca travelled from the Black Mountains in Wales to New Zealand's Southern Alps and the Nepalese Himalayas to chase her new-found passion: her need to fly with the birds, to push herself to the boundary of her own fear. Skybound is the story of that obsession and of Rebecca's incredible journey from the ground, into the sky and back again. Taking in the history of unpowered flight, and with extraordinary descriptions of flying in some of the world's most dangerous and dramatic locations, this is a nature memoir with a unique perspective; it is about the land we know and the sky we know so little of, it is about memory and self-discovery. Just as she finished writing Skybound Rebecca became ill again. She died in September 2016. And yet, Skybound is still a book about learning to live again: deeply moving, thrilling and euphoric, this is a book for anyone who has ever looked up and wanted to take flight.

Becoming an Olympic Gymnast

This title explores the life and career of the most decorated American gymnast so far, Simone Biles. This young woman rose from the challenges of her youth to break the mold, earning five medals, including four gold, at the 2016 Summer Olympics. Biles is one of only six female gymnasts to have won an individual all-around title at both the world Championships and the Olympic Games. This record-breaking young woman has set the stage for future gymnasts as well as all those struggling to overcome adversity. Photographs and a timeline accurately depict Biles's exciting gymnastics career.

Courage to Fly

Paradise Lost is an epic poem in twelve books, in English heroic verse without rhyme, by John Milton (C. P. P.) and was published in 1667. The subject is the fall of man, and the expulsion from Paradise.

Trailblazers: Simone Biles

The Olympic gold medalist shares the story of her life and how her faith allowed her to persevere and reach her dreams.

Courage to Soar

She is Fierce: Brave, Bold and Beautiful Poems by Women is a powerful collection of 150 poems written by women - from classic, much loved poets to bold modern voices. Collected by poet Ana Sampson, this collection celebrates the centenary of women's suffrage at a time when we are still having important conversations about women's right to be treated as equals. It speaks of universal experiences and emotions. The anthology is divided into the following sections: Roots and Growing Up Friendship Love Nature Freedom, Mindfulness and Joy Fashion, society and body image Protest, courage and resistance Endings She is Fierce contains an inclusive array of voices, from modern and contemporary poets such as Maya Angelou and Grace Nichols to poets from previous centuries including Emily Dickinson, Christina Rossetti, Ella Wheeler Wilcox and Charlotte Bronte. Immerse yourself in poems from Wendy Cope, Carol Ann Duffy, Fleur Adcock, Liz Berry, Jackie Kay, Hollie McNish, Imtiaz Dharker, Helen Dunmore, Mary Oliver and Dorothy Parker, to name but a few! Featuring short biographies of each poet, She is Fierce is a stunning collection and an essential addition to any bookshelf.

Olympic Collision

Gold medal-winning Olympic gymnast and Dancing with the Stars favorite Laurie Hernandez shares her story in her own words in this debut book for fans of all ages--with never-before-seen photos!

Simone Biles

Be inspired by the lives of trailblazers past and present in this fun and factual biography series! How

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did Simone Biles become a superstar athlete and gold medallist? On a daytrip to the local sports centre, Simone discovered her natural talent for gymnastics. She signed up for regular training sessions and was soon performing incredible routines at competitions. Despite a challenging start in life, Simone went on to become one of the world's greatest athletes. Find out how this gymnast toughed it out in training and went on to win four Olympic gold medals. TRAILBLAZERS biographies are packed with little-known trivia, fascinating facts and lively illustrations.

Skybound

Meet Simone Biles. From the time she was a little girl, Simone wanted to be a world-class gymnast. Through hard work and determination she made her dreams come true. Read this book to learn all about Olympic champion Simone Biles and her path to glory.

Letters to a Young Gymnast

AN INSTANT NEW YORK TIMES BESTSELLER A READ WITH JENNA TODAY SHOW BOOK CLUB PICK! "Brave, fresh . . . unforgettable."--The New York Times Book Review "A celebration of girls who dare to dream."--Imbolo Mbue, author of Behold the Dreamers (Oprah's Book Club pick) Shortlisted for the Desmond Elliott Prize and recommended by The New York Times, Marie Claire, Vogue, Essence, PopSugar, Daily Mail, Electric Literature, Red, Stylist, Daily Kos, Library Journal, The Everygirl, and Read It Forward! The unforgettable, inspiring story of a teenage girl growing up in a rural Nigerian village who longs to get an education so that she can find her "louding voice" and speak up for herself, The Girl with the Louding Voice is a simultaneously heartbreaking and triumphant tale about the power of fighting for your dreams. Despite the seemingly insurmountable obstacles in her path, Adunni never loses sight of her goal of escaping the life of poverty she was born into so that she can build the future she chooses for herself - and help other girls like her do the same. Her spirited determination to find joy and hope in even the most difficult circumstances imaginable will "break your heart and then put it back together again" (Jenna Bush Hager on The Today Show) even as Adunni shows us how one courageous young girl can inspire us all to reach for our dreams and maybe even change the world.

Raising the Bar

In this 52-week devotional and training journal designed for both new and longtime runners, you will be

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encouraged to improve both your physical and spiritual health. In these pages, you will find practical running and training tips, weekly workouts, advice on how to fuel your body well, and space to journal and record your running progress.

Little Girls in Pretty Boxes

Karena Dawn and Katrina Scott, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting fit. In their Tone It Up book, the girls' genuine, relatable philosophy is boiled down to a 28-day program that incorporates fitness routines, nutritional advice, and mental and spiritual practices to transform readers' bodies, attitudes, and lives. Dawn and Scott take a holistic approach to fitness, including the same principles in their book that make their brand so popular--a sense of community, empowerment, and lightheartedness in every healthy, feel-good technique they recommend. Dawn and Scott will help readers get:

- FIT. With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, readers will be on their way to the strong, sexy body they're after.
- FIERCE. Dawn and Scott will empower readers to be their best self-motivators by aligning their minds and bodies with their intentions through visualization exercises, daily meditations, confidence-boosting tips, and dares to move outside their comfort zones.
- FABULOUS. This is the fun stuff: beauty, sparkle, friendship, inspiration, joy, and all the things that give readers that unmistakable glow so they radiate from the inside out!

Simone Biles

* Finalist for the PEN/E. O. Wilson Literary Science Writing Award * Washington Post Notable Book of the Year * People Magazine Best Book of the Year * Shelf Awareness Best Book of the Year * "Extraordinary and courageous . . . No doubt if everyone were to read this book, the world would change."---New York Times Book Review New York Times--bestselling author Ron Powers offers a searching, richly researched narrative of the social history of mental illness in America paired with the deeply personal story of his two sons' battles with schizophrenia. From the centuries of torture of "lunatics" at Bedlam Asylum to the infamous eugenics era to the follies of the anti-psychiatry movement to the current landscape in which too many families struggle alone to manage afflicted love ones, Powers limns our fears and myths about mental illness and the fractured public policies that have resulted. Braided with that history is the moving story of Powers's beloved son Kevin--spirited, endearing, and gifted--who triumphed even

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while suffering from schizophrenia until finally he did not, and the story of his courageous surviving son Dean, who is also schizophrenic. A blend of history, biography, memoir, and current affairs ending with a consideration of where we might go from here, this is a thought-provoking look at a dreaded illness that has long been misunderstood.

Life in Motion

What's it like to be one of Britain's greatest gymnasts? In this fascinating autobiography, Beth Tweddle takes us through the biggest moments of her life, from winning gold at the World Championships, to being honoured with an MBE at just 25 years old. Follow her story as she prepares for her most important task yet - the Olympics! * Pearl/Band 18 books offer fluent readers a complex, substantial text with challenging themes to facilitate sustained comprehension, bridging the gap between a reading programme and longer chapter books. * Text type: An autobiography. * Curriculum links: P.E: Outdoor and adventurous activities. * This book has been quizzed for Accelerated Reader.

The Girl with the Louding Voice

"Dual biography of Mary Decker and Zola Budd and the infamous Olympic incident that binds them together"--

The Courage to Be Yourself

Saddle up for a life-defining, death-defying adventure.

Paradise Lost

In gymnastics, no one comes close to Simone Biles, who in 2018 became the first American to win a medal at every event in the World Championships. That's in addition to her Olympic golds for best individual all-around, vault, and floor, plus the US team gold. Learn all about the powerhouse gymnast's journey in this entertaining book that captures her amazing career and proves she really is the G.O.A.T!

Simone Biles

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American gymnast Shawn Johnson is a four-time Olympic gold and silver medalist; a national--and world--champion athlete and a winner on the popular "Dancing with the Stars." This is the amazing true journey of how this young Olympian has found balance in her life.

Soar

Simone Biles joined the US women's gymnastics team to compete at the Summer Olympic Games in Rio de Janeiro, Brazil, in 2016. Along with her teammates, she sailed through her events to claim the gold medal in the team competition for the United States. She also took home three golds and a bronze in the individual events in which she competed. Though Biles follows an intense training routine, her schedule doesn't stop her from having fun. Learn all about her rise to the top in gymnastics, how she stays fit, what she does to relax, and much more.

Courage to Soar (with Bonus Content)

Determination meets dance in this middle grade adaptation of the New York Times bestselling memoir by the first African-American principal dancer in American Ballet Theatre history, Misty Copeland. As the first African-American principal dancer at the American Ballet Theatre, Misty Copeland has been breaking down all kinds of barriers in the world of dance. But when she first started dancing--at the late age of thirteen--no one would have guessed the shy, underprivileged girl would one day make history in her field. Her road to excellence was not easy--a chaotic home life, with several siblings and a single mother, was a stark contrast to the control and comfort she found on stage. And when her home life and incredible dance promise begin to clash, Misty had to learn to stand up for herself and navigate a complex relationship with her mother, while pursuing her ballet dreams. Life in Motion is a story for all the kids who dare to be different, dream bigger, and want to break stereotypes in whatever they do.

Off Balance

Recounts the story of Olympian gymnast, Dominique Dawes, who won her first Olympic gold medal in 1992 at the age of fifteen, then went on to inspire and encourage kids to achieve their goals.

Winning Balance

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An intense account of Adam's life and legacy, *Soar, Adam, Soar* is told both by his loving priest-turned-dad and by Adam himself, through his many included Facebook posts.

Grace, Gold and Glory

Simone Biles is one of the country's best female athletes. Learn about her childhood, the challenges she has overcome, and this gymnast's greatest accomplishments. Get the inside scoop on her gold-medal-winning Olympic appearance.

The Whitlock Workout

The "Master Key" is here given to the world as a means of tapping the great cosmic intelligence and attracting from it that which corresponds to the ambitions, and aspirations of each reader. Every thing and institution we see around us, created by human agency, had first to exist as a thought in some human mind. Thought therefore is constructive. Human thought is the spiritual power of the cosmos operating through its creature man. "The Master Key" instructs the reader how to use that power, and use it both constructively and creatively. The things and conditions we desire to become realities we must first create in thought. "The Master Key" explains and guides the process. Used as thus instructed "The Master Key" will make of the reader a greater, better personality, and equipped with a new power to achieve any worthy personal purpose and a new ability to enjoy life's beauty and wonder. (From the Introduction) Get Your Copy Now.

Soar, Adam, Soar

Max Whitlock, Team GB's double Olympic gold-medallist, has spent years developing his own fitness regime and now he wants to share his workout secrets with you. The Whitlock Workout gathers together all of Max's user-friendly core strength exercises and quick workout routines that anybody can try, from simple stretches on your sofa, to those using just a cushion or a pillow, through to more advanced total body exercises which can be taken outside to your local park. Along with nutritional tips and his favourite quick and healthy recipes to help fuel your body, Max shares the secrets of his success and teaches us how to be fit for life. QUICK WORKOUTS. HEALTHY RECIPES. TOTAL FITNESS. Max is proof that if you train hard and eat well, you really can achieve amazing results from home. Whether it's a spare 15 minutes in the morning before work, or half an hour at the weekend, The Whitlock Workout is perfect if you are

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looking to get fit, or want to build your core strength, but don't have the time or money to go to the gym every day.

Fierce

"Courageous Gilbert the Groundhog has stage fright, no friends, and a bully out to get him. But, when he learns how to relax his body, how to feel his emotions, and when to express them, he confidently presents at an after-school club, makes a new friend, and stands up to the bully."--

Simone Biles

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, 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 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.

Courageous Gilbert the Groundhog

Newbery Honor-winner Joan Bauer's newest protagonist always sees the positive side of any situation—and readers will cheer him on! Jeremiah is the world's biggest baseball fan. He really loves baseball and he

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knows just about everything there is to know about his favorite sport. So when he's told he can't play baseball following an operation on his heart, Jeremiah decides he'll do the next best thing and become a coach. Hillcrest, where Jeremiah and his father Walt have just moved, is a town known for its championship baseball team. But Jeremiah finds the town caught up in a scandal and about ready to give up on baseball. It's up to Jeremiah and his can-do spirit to get the town - and the team - back in the game. Full of humor, heart, and baseball lore, Soar is Joan Bauer at her best. From the Hardcover edition.

Walk, Run, Soar

The gold medal-winning gymnast shares photographs, quotes, and information about her day-to-day life and offers advice on how to stay healthy, look good, and keep strong under pressure.

Raising the Bar

A lyrical picture book biography of Simone Biles, gymnastics champion and Olympic superstar. Before she was a record-breaking gymnast competing on the world stage, Simone Biles spent time in foster care as a young child. Nimble and boundlessly energetic, she cherished every playground and each new backyard. When she was six years old, Simone's family took shape in a different way. Her grandparents Ron and Nellie Biles adopted Simone and her sister Adria. Ron and Nellie became their parents. Simone was also introduced to gymnastics that same year, launching a lifelong passion fueled by remarkable talent, sacrifice, and the undying support of her family. From her athletic early childhood to the height of her success as an Olympic champion, Flying High is the story of the world's greatest gymnast from author Michelle Meadows and illustrator Ebony Glenn.

Master Key System - Law of Attraction

"Simone takes you through the events, challenges, and trials that carried her from an early childhood in foster care to a coveted spot on the 2016 Olympic team" --

Flying High

Geared to women who too often find themselves meeting the wants of others at the expense of their own

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needs, The Courage to Be Yourself provides necessary tools to help readers transform their fears into the courage to express their own authentic selves. By sharing her own journey and the journey of other women, Sue Patton Thoele helps readers learn to set boundaries, change self-defeating behavior patterns, communicate effectively, and, most importantly, become a loving and tolerant friend to themselves. This new edition replaces older edition 9781573245692 .

Tone It Up

"every one who wishes to gain true knowledge must climb the Hill Difficulty alone, and since there is no royal road to the summit, I must zigzag it in my own way. I slip back many times, I fall, I stand still, I run against the edge of hidden obstacles, I lose my temper and find it again and keep it better, I trudge on, I gain a little, I feel encouraged, I get more eager and climb higher and begin to see the widening horizon. Every struggle is a victory. One more effort and I reach the luminous cloud, the blue depths of the sky, the uplands of my desire." HELEN KELLER was born on June 27, 1880 in Tuscumbia, Alabama. At nineteen months old an acute illness nearly took her life and left her deaf and blind. At the recommendation of Alexander Graham Bell, her parents contacted the Perkins Institute for the Blind in Boston, and Anne Sullivan was sent to tutor Helen. The story of their early years together, and of Helen's remarkable psychological and intellectual growth, is told in *The Story of My Life*, which first appeared in installments in *Ladies' Home Journal* in 1902. With Anne Sullivan, "Teacher," at her side, Helen Keller graduated from Radcliffe College in 1904, an extraordinary accomplishment for any woman of her time. Helen was dedicated to helping the blind and handicapped, raising funds for the American Foundation for the Blind and lobbying for commissions for the blind in thirty states. A women's rights activist, a Swedenborgian, a socialist, and a world-famous celebrity, Helen Keller received the Presidential Medal of Freedom and many honorary degrees. Her other books include *The World I Live In* (1908), *Midstream: My Later Life* (1929), *Helen Keller's Journal* (1938), and *Let Us Have Faith* (1940). She died in 1968. Her burial urn is in the National Cathedral in Washington, D.C.

Heart of a Champion

If there were such a thing as an "elder" stateswoman in women's gymnastics today, Nadia Comaneci would win that title as readily as she once won gold medals. Olga Korbut came before her, and many other medalists would follow, but none has ever been as dominant in winning the hearts of millions around the world. With grit and determination, Nadia Comaneci ushered in a new era for women's sports, one where

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young girls could vault into the arena of superstardom. Even today, almost thirty years after her greatest triumphs, you need only mention the name "Nadia" and gymnastics fans know instantly whom you are talking about. In *Letters to a Young Gymnast*, Nadia shows what it takes to achieve athletic perfection and become the best. With inspiring and dramatic stories from her own experience, she tells us how the young girl that Bela Karolyi discovered in a Romanian elementary school found the inner strength to become a world-class athlete at such a young age. This collection of Nadia's memories, anecdotes, and advice grants unique insights into the mind of a top competitor. From how to live after you've realized your dream, to the necessity of "a spirit forged with mettle," Nadia's thoughts on athleticism and sacrifice are eye-opening and surprisingly challenging.

Successful Women Think Differently

Trista Thompson is enjoying a fun summer before entering 5th grade. She is training for Level 5 at Perfect Balance Gymnastics Academy and gets to attend a gymnastics camp with her friends. For the first time in her gymnastics career she is learning her new skills in plenty of time for testing day at the end of summer. Just when Trista feels great about her progress, she has a major setback. Can she overcome her challenges and fears to reach her goal of making the Level 5 team? Perfect Balance Gymnastics Books teach girls to be kind to each other, flexible in life, courageous, strong, and most of all, confident. The books set the reader in the world of gymnastics. The characters are relatable and have age appropriate challenges. Each book explores a major life lesson that empowers girls to understand their own inner strengths. *Courage to Fly* is written at a 5th/6th grade reading level and appeals to 9-13 year-olds.

The Story of My Life

This eBook contains the full text of *Courage to Soar*, plus an exclusive bonus story that is not found in the hardcover! Simone Biles' entrance into the world of gymnastics may have started on a daycare field trip in her hometown of Spring, Texas, but her God-given talent, passion, and perseverance have made her one of the top gymnasts in the world, as well as a four-time winner of Olympic gold in Rio de Janeiro. But there is more to Simone than the nineteen medals—fourteen of them gold—and the Olympic successes. Through years of hard work and determination, she has relied on her faith and family to stay focused and positive, while having fun competing at the highest level and doing what she loves. Here, in her own words, Simone takes you through the events, challenges, and trials that carried her from an early

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childhood in foster care to a coveted spot on the 2016 Olympic team. Along the way, Simone shares the details of her inspiring personal story—one filled with the kinds of daily acts of courage that led her, and can lead you, to even the most unlikely of dreams.

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