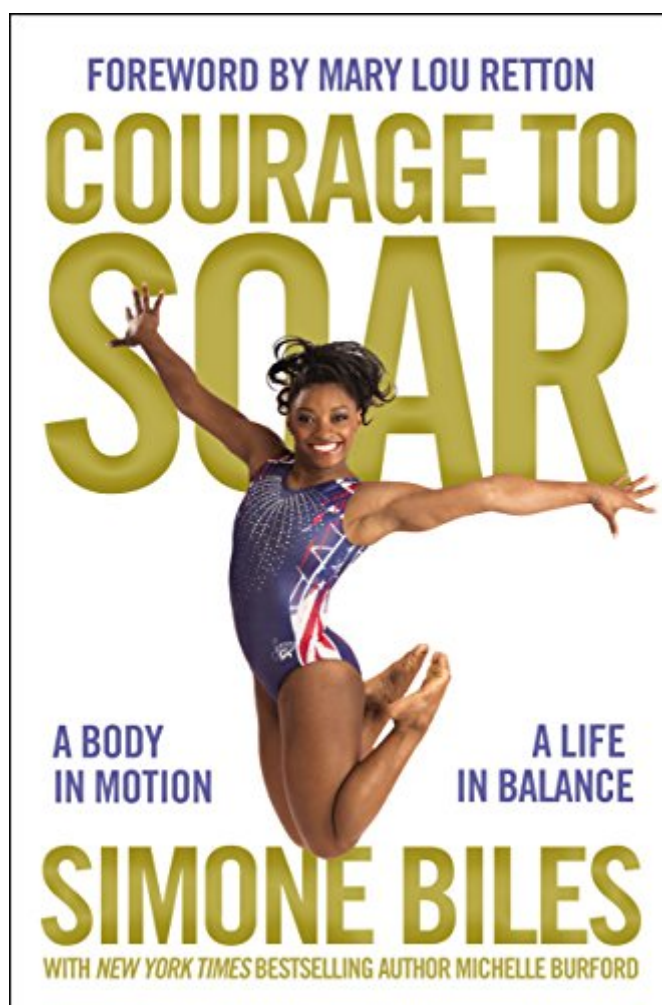


The book was found

Courage To Soar (with Bonus Content): A Body In Motion, A Life In Balance



Synopsis

Simone Biles's 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 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.

Book Information

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Customer Reviews

So inspirational. I can't understand why she didn't thank Aly personally in the acknowledgments. The book tells of her life's triumphs and setbacks as well as life lessons she learned along the way. Finished this in one day. Couldn't put it down.

A fascinating look backstage at the world of competitive gymnastics through the eyes of a world champion. I found it interesting to read about her childhood, her family, and the earliest beginnings of her interest in gymnastics, and to learn about her coaches and the intense training regimen it took to achieve the skills she achieved. It opened my eyes to a whole world I was unfamiliar with. The book is well-written and easy to read. Simone is an exceptionally gifted young woman who takes a real joy in her career as an athlete and also enjoys her family and friends. It made me happy to read about her and her accomplishments.

Simone is such a great role model for everyone. This book really shows just what a kind soul, determined, dedicated, responsible, fun, motivational, positive spirit Simone has and that is a beautiful gift to share with the world. Lots of respect for Simone, her family and her coaches, at the end of the day I feel like her message was always to stay positive, and to have fun and everyone supported that.

I bought this as a stocking stuffer for my 8 year old budding gymnast. She was so excited about reading it, that she started reading it from the moment it arrived and never put it down. I read several pages of it with her, and personally can't wait until she is done so I can read it too....lol.

Very inspirational. There are a lot of books about famous athletes, but with her difficult background, this one has content worth reading. It's a great book for tween and teen girls who are facing adversity, and need some encouragement that they can have a bright future.

This was a gift for a young gymnast. This is the first book she's read completely through on her own & she loved it so much she read it at every opportunity straight through. I think an avid reader has just been created!

My daughter loves Simone! She was so inspired by her during the Olympics we got this book so she could do her first book report (she is 8). She really enjoyed the book and learned a great deal from this remarkable young athlete's story.

The book overall is an easy read, and has a conversational tone. I think it is appropriate for those age seven and up. However, the topics remain at the surface and without true exploration or meaning to the reader. For instance, although she describes the time line of her early years, it is with minimal detail, emotion, or even recollection. Decent for a young readers book, but left this family wanting more...

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