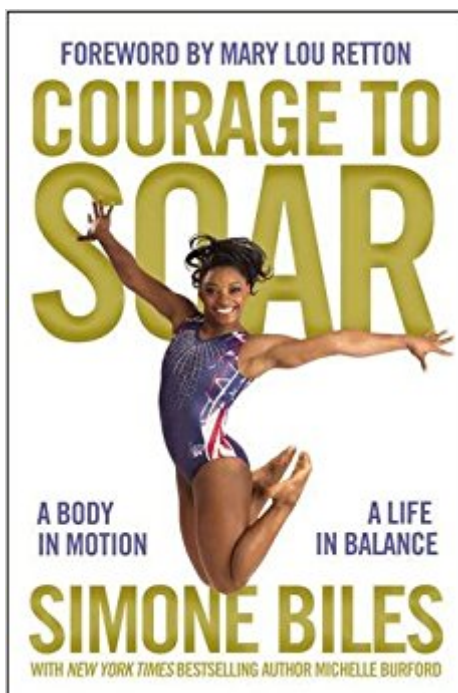


The book was found

Courage To Soar: A Body In Motion, A Life In Balance



Synopsis

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 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

Hardcover: 256 pages

Publisher: Zondervan; First Edition/First Printing edition (November 15, 2016)

Language: English

ISBN-10: 0310759668

ISBN-13: 978-0310759669

Product Dimensions: 6.4 x 0.9 x 9.3 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 168 customer reviews

Best Sellers Rank: #12,763 in Books (See Top 100 in Books) #2 in Books > Sports & Outdoors > Individual Sports > Gymnastics #4 in Books > Teens > Sports & Outdoors #4 in Books > Teens > Biographies > Sports

Customer Reviews

Nineteen-year-old Biles, Olympic gold medalist and the most decorated U.S. gymnast of all time, takes readers along her journey to the podium in this memoir. After spending her early childhood in and out of foster care, Biles was adopted by her biological grandparents. She began her gymnastics training at the age of six after a field trip to Bannock's Gymnastix, where the coaches quickly discovered that she "had what it took to go all the way." Biles describes not only her gymnastics training and career but also her personal life, including her grandmother's death, the difficult decisions she made in order to balance school and

gymnastics, her “bratty period” in her early teens, and her love for her car, with its zebra-print interior. In recent years, Biles has won three consecutive world championship titles followed by her team gold and individual wins at the 2016 Olympics. Biles’s narration is effervescent, showing her to be, as her brother says, “a goofy and down-to-earth kid.” The tone is conversational and includes casual phrases such as “if you can’t already tell” and “just kidding.” She expresses appreciation for her family, friends, teammates, and coaches and frequently credits God and her faith for her success. One slight caveat: readers without background knowledge about gymnastics may not find the terminology to be adequately explained. VERDICT Essential for libraries serving tween and teen gymnastics fans. —Magdalena Teske, Naperville Public Library, IL (School Library Journal)

Who can forget the radiant smile and inexhaustible energy of four-feet-eight, 19-year-old Simone Biles, Olympian gymnast? This inspiring and humorous memoir details how Simone, with the help and support of her family, coaches, faith, and friends, succeeded in winning five Olympic medals in 2016, four gold and a bronze. After a brief time in foster care, Simone was six when she and her younger sister were adopted by her grandparents (whom she refers to as her mom and dad). Flipping on the family trampoline and an unexpected daycare trip to the local tumbling gym sparked her love of gymnastics. Despite her rookie success, she missed being selected for the USA women’s junior team by one spot and was too young to compete in the 2012 Olympics. But success was in her future, due in part to her incredible support system---her parents even built their own gym. Simone is admirable, but it’s the unwavering support of her family and coaches that will make a lasting impact on readers. -Sharon Rawlins (Booklist)

MICHELLE BURFORD is a #1 New York Times bestselling celebrity ghostwriter and a founding editor of O, The Oprah Magazine. She is a Harvard-trained journalist whose work has taken her to more than 35 countries on six continents. A native of Phoenix, Michelle now resides in New York City. Read more about her creations at MichelleBurford.com.

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 receiving 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...

[Download to continue reading...](#)

Courage to Soar: A Body in Motion, A Life in Balance
Courage to Soar (with Bonus Content): A Body in Motion, A Life in Balance
Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes)
BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)
Off Balance: Getting Beyond the Work-Life Balance Myth to Personal and Professional Satisfaction
Off Balance: Getting Beyond the Work-Life Balance Myth to Personal and Professional Satisfaction
Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science
The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion
The Tools (Miniature Edition): 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion
Cash Balance Combos: A Practical Guide for Understanding and Operating Cash Balance/Defined Contribution Plan Combination Arrangements
Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1)
CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga)
Your Flight is Out-of-Balance, Captain!: The Role of Effective Communication in Today's Aircraft Weight & Balance Planning
Sight, Sound, Motion (Sight, Sound, Motion: Applied Media Aesthetics) (Wadsworth Series in Broadcast and Production) [Hardcover] (2010) by Herbert Zettl
Step-by-Step Free-Motion Quilting: Turn 9 Simple Shapes into 80+ Distinctive Designs
Best-selling author of First Steps to Free-Motion Quilting
Soar Our Children Can Soar: A Celebration of Rosa, Barack, and the Pioneers of Change
National Geographic Book of Animal Poetry: 200 Poems with Photographs That Squeak, Soar, and Roar! (Stories & Poems)
Cadet Blue Poly-Canvas Isaiah 40:31 "Soar" Bible / Book Cover (Medium)
SOAR Study Skills; A Simple and Efficient System for Getting Better Grades in Less Time

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)