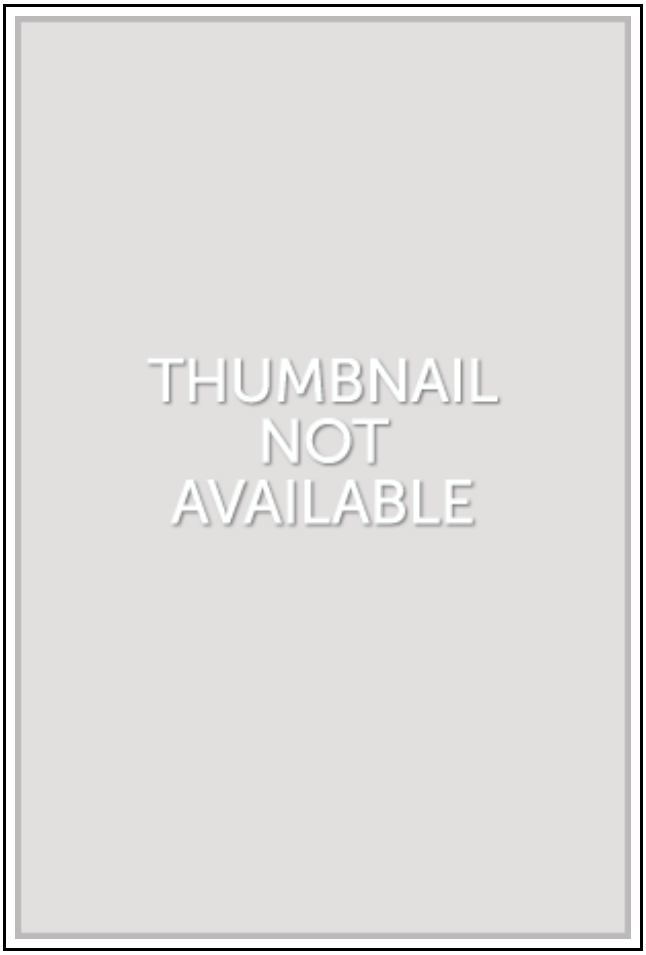
Zero Regrets: Be Greater Than Yesterday (Paperback)



Filesize: 2.02 MB

Reviews

This is basically the best publication i have got read through right up until now. Sure, it really is perform, still an amazing and interesting literature. Your life span will probably be convert once you full reading this article ebook.

(Dr. Irma Welch)

ZERO REGRETS: BE GREATER THAN YESTERDAY (PAPERBACK)

DOWNLOAD

Atria Books, United States, 2011. Paperback. Book Condition: New. Reprint. 229 x 147 mm. Language: English . Brand New Book. Now in paperback: gold medal-winning Olympic speed skater Apolo Ohno shares the inspiring personal story behind his enduring success as an elite athlete and reveals the universal life lessons he has learned through his training and competition. Zero regrets. It s a philosophy not just about sport but about life. School, business, academics, love--anything and everything. It s complicated and yet not. You have to figure out who it is you want to be. Not what you want to be-- who. There has to be a vision, a dream, a plan. Then you chase that with everything you ve got. Over three consecutive Olympic games, Apolo Ohno has come to symbolize the very best of the competitive spirit--remaining equally gracious in victory and defeat, always striving to improve his performance, and appreciating the value of the hard work of training as much as any reward it might bring. In Zero Regrets, Apolo shares the inspiring personal story behind his remarkable success, as well as the hard-won truths and strategies he has discovered in good times and bad. Raised by his single father, an immigrant from Japan who often worked twelve-hour days, the young Apolo found it difficult to balance his enormous natural gifts as an athlete with an admittedly wild, rebellious streak. After making a name for himself as a promising young speed skater, his career was almost over before it began when his lack of preparation caused him to finish last at the U.S. Olympic trials in 1998. A life-changing week of solitary soul-searching at the age of fifteen led him to recommit himself to his training, and at the 1999 world junior championships he won first place overall--one...

Read Zero Regrets: Be Greater Than Yesterday (Paperback) Online
Download PDF Zero Regrets: Be Greater Than Yesterday (Paperback)

Relevant eBooks



Four on the Shore (Paperback)

Penguin Books Australia, Australia, 1994. Paperback. Book Condition: New. James Marshall (illustrator). Reprint. 229 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read...

Read Document »



The Story of Anne Frank (Paperback)

DK Publishing, United States, 2002. Paperback. Book Condition: New. American.. 229 x 147 mm. Language: English . Brand New Book. Thirteen-year-old Anne Frank went into hiding from the Nazis with her family in 1942. Read...

Read Document »



The Romance of a Christmas Card (Illustrated Edition) (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. Alice Ercle Hunt (illustrator). Illustrated. 229 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was...

Read Document »



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

Read Document »



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

Read Document »