

Winning Balance What Ive Learned So Far About Love Faith And Living Your Dreams

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Lesson I've Learned Even if you fly high in life, stay grounded. From the time I was very small, my parents supported my daring ventures out into the world, while making home a place I always wanted to come back to.

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She has a "what I've learned" box for every chapter and she seems to have remained remarkably unscathed from being in the public limelight. She also gave good insight into what it takes to be a winner--ATTITUDE is a great deal of it! Her parents provided a rock for her to balance on in her career--well done!

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Winning Balance : What I've Learned So Far about Love, Faith, and Living Your Dreams by Shawn Johnson (2013, Trade Paperback) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

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Winning Balance : What Ive Learned So Far About Love Faith And Living Your \$ 14.99. At age 20, American gymnast Shawn Johnson is a four-time Olympic gold and silver medalist; a national- and world-champion athlete. Already a popular role model to all ages, in 2009 she captured the national spotlight again when she won the widely popular Dancing ...

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Winning Balance: What I've Learned So Far about Love, Faith, and Living Your Dreams Shawn Johnson , Nancy French Twenty-year-old American gymnast Shawn Johnson is a four-time Olympic gold and silver medalist; a national- and world-champion athlete.

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In Winning Balance, for the first time Shawn reveals her journey so far: her against-the-odds quest to become a gymnastics world champion, her flirtation with Hollywood glamour, her growing faith, and her struggle to find herself. It ' s the full, behind-the-scenes story of how a young woman who won Olympic gold on the balance beam learned new lessons about balance—as well as love, faith, and what winning really means.

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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.

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"Every life is different, but every death is the same. We live with others. We die alone." In his riveting, artfully written memoir The Autobiography of an Execution, David Dow enraptured readers with a searing and frank exploration of his work defending inmates on death row. But when Dow's father-in-law receives his own death sentence in the form of terminal cancer, and his gentle dog Winona suffers acute liver failure, the author is forced to reconcile with death in a far more personal way, both as a son and as a father. Told through the disparate lenses of the legal battles he's spent a career fighting, and the intimate confrontations with death each family faces at home, THINGS I'VE LEARNED FROM DYING offers a poignant and lyrical account of how illness and loss can ravage a family. Full of grace and intelligence, Dow offers readers hope without cliché and reaffirms our basic human needs for acceptance and love by giving voice to the anguish we all face--as parents, as children, as partners, as friends--when our loved ones die tragically, and far too soon.

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.

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.

Rethink the roles, responsibilities, and workflow in your blended learning classroom and enjoy balance in your life. Blended learning allows a partnership that gives teachers more time and energy to innovate and personalize learning while providing students the opportunity to be active agents driving their own growth. Balance With Blended Learning provides teachers with strategies to actively engage students in setting goals, monitoring development, reflecting on growth, using feedback, assessing work quality, and communicating their progress with parents. It includes Practical strategies for teachers who are overwhelmed by their workloads Vignettes written by teachers across disciplines Ready-to-use templates to help students track their progress Stories from the author's experience as a teacher and blended learning coach

Nastia Liukin is an Olympic gymnastics all-around gold medalist, but the road to her success was not an easy one. In Finding My Shine, she shares not only her personal journey of success, but also her biggest challenges, including her career ending fall during the 2012 Olympic Trials that she now says was the defining moment of her life. Throughout this book, she delivers her motivational tips toward reaching any goal, overcoming obstacles, and learning how to pick yourself up after the inevitable falls you will have in life. Nastia's story is a true American dream. Born in Moscow, Russia, her parents were both champion gymnasts in their native country. The Liukins moved to the United States when Nastia was two and a half, because they wanted to give their daughter every opportunity possible. Even then, Nastia was certain she wanted to be a gymnast, and spent every hour she could in training. That dedication paid off. Nastia became a key member of the US team, winning five Olympic medals. She also won nine world championship medals (four gold and five silver) making her one of the most celebrated gymnasts in US history. Nastia was in the spotlight again in 2015 when she became a competitor on Dancing with the Stars, partnered with Derek Hough. She now speaks to girls and young women across the country in the hopes of motivating them to turn their own dreams into reality. Finding My Shine is a moving story of a remarkable young woman who won Olympic gold, but whose passion truly lies in inspiring others.

The New York Times bestseller! A New York Times Notable Book " The tale of how Konnikova followed a story about poker players and wound up becoming a story herself will have you riveted, first as you learn about her big winnings, and then as she conveys the lessons she learned both about human nature and herself. " —The Washington Post It's true that Maria Konnikova had never actually played poker before and didn't even know the rules when she approached Erik Seidel, Poker Hall of Fame inductee and winner of tens of millions of dollars in earnings, and convinced him to be her mentor. But she knew her man: a famously thoughtful and broad-minded player, he was intrigued by her pitch that she wasn't interested in making money so much as learning about life. She had faced a stretch of personal bad luck, and her reflections on the role of chance had led her to a giant of game theory, who pointed her to poker as the ultimate master class in learning to distinguish between what can be controlled and what can't. And she certainly brought something to the table, including a Ph.D. in psychology and an acclaimed and growing body of work on human behavior and how to hack it. So Seidel was in, and soon she was down the rabbit hole with him, into the wild, fiercely competitive, overwhelmingly masculine world of high-stakes Texas Hold'em, their initial end point the following year's World Series of Poker. But then something extraordinary happened. Under Seidel's guidance, Konnikova did have many epiphanies about life that derived from her new pursuit, including how to better read, not just her opponents but far more importantly herself; how to identify what tilted her into an emotional state that got in the way of good decisions; and how to get to a place where she could accept luck for what it was, and what it wasn't. But she also began to win. And win. In a little over a year, she began making earnest money from tournaments, ultimately totaling hundreds of thousands of dollars. She won a major title, got a sponsor, and got used to being on television, and to headlines like "How one writer's book deal turned her into a professional poker player." She even learned to like Las Vegas. But in the end, Maria Konnikova is a writer and student of human behavior, and ultimately the point was to render her incredible journey into a container for its invaluable lessons. The biggest bluff of all, she learned, is that skill is enough. Bad cards will come our way, but keeping our focus on how we play them and not on the outcome will keep us moving through many a dark patch, until the luck once again breaks our way.

The tennis star recounts her life and athletic career, from childhood, through her athletic successes, to her life after professional tennis, and discusses the life lessons that she learned at every stage along the way.

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