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Autore Biles Simone

Titolo Courage to Soar: A Body in Motion, a Life in Balance

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Sommario/riassunto

In Courage to Soar, the official autobiography from four-time Olympic gold-winning and record-setting American gymnast Simone Biles, Simone shares how her faith, family, passion, and perseverance has made her one of the top athletes and gymnasts in the world--and how you too can overcome challenges in your life. Simone Biles' entrance into the world of gymnastics may have started on a field trip in her hometown of Spring, Texas, but her God-given talent, along with drive to succeed no matter the obstacle, are what brought her to the national spotlight during the Olympic Games and have catapulted her ever since--including 25 World Championship medals. But there is more to Simone than her accomplishments. In Courage to Soar, Simone shares: how she has relied on her faith and family to stay focused and positivethe ways she's continued competing at the highest level and having fun doing what she lovesa behind-the-scenes looks at gymnastics events, including the Olympicsthe events and challenges that carried her from an early childhood in foster care to a coveted spot on the U.S. Olympic teamAlong the way, Simone shares the details of her inspiring personal story--one filled with daily acts of courage that led her, and can lead you, to even the most unlikely of dreams. Courage to Soar:presents a positive role model for young girls, whether athletes or notis an ideal gift for birthdays, holidays, or to celebrate important achievementsis perfect for school assignments and reportsis an inspirational story for fans of gymnastics or any sportcontains an

eight-page, full-color photo insertincludes an autographed, fold-out Courage to Soar poster (see image)