

# Fierce How Competing For Myself Changed Everything

**Rachel Swaby,Kit Fox**

*Fierce* Aly Raisman, 2017-11-14 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.

*Aly Raisman* Anna Leigh, 2019 US Olympian Aly Raisman is a leader on and off the mat. She is an outspoken voice against sexual assault. Learn about the most fascinating details of her life as a gold-winning gymnast.

Head Over Heels Hannah Orenstein, 2020-06-23 Named a best beach/summer read by O, The Oprah Magazine, Cosmopolitan, Parade, PopSugar, Marie Claire, Bustle, and more! From the author of the Love at First Like and Playing with Matches, an electrifying rom-com set in the high stakes world of competitive gymnastics, full of Hannah Orenstein's signature "charm, whimsy, and giddy romantic tension" (BuzzFeed). The past seven years have been hard on Avery Abrams: After training her entire life to make the Olympic gymnastics team, a disastrous performance ended her athletic career for good. Her best friend and teammate, Jasmine, went on to become an Olympic champion, then committed the ultimate betrayal by marrying their emotionally abusive coach, Dimitri. Now, reeling from a breakup with her football star boyfriend, Avery returns to her Massachusetts hometown, where new coach Ryan asks her to help him train a promising young gymnast with Olympic aspirations. Despite her misgivings and worries about the memories it will evoke, Avery agrees. Back in the

gym, she's surprised to find sparks flying with Ryan. But when a shocking scandal in the gymnastics world breaks, it has shattering effects not only for the sport but also for Avery and her old friend Jasmine. Perfect for fans of Emily Giffin and Jasmine Guillory, *Head Over Heels* proves that no one "writes about modern relationships with more humor or insight than Hannah Orenstein" (Dana Schwartz, author of *Choose Your Own Disaster*).

**Fierce Attachments** Vivian Gornick, 2005-09-14 Vivian Gornick's *Fierce Attachments*—hailed by the New York Times for the renowned feminist author's "mesmerizing, thrilling" truths within its pages—has been selected by the publication's book critics as the #1 Best Memoir of the Past 50 Years. In this deeply etched and haunting memoir, Vivian Gornick tells the story of her lifelong battle with her mother for independence. There have been numerous books about mother and daughter, but none has dealt with this closest of filial relations as directly or as ruthlessly. Gornick's groundbreaking book confronts what Edna O'Brien has called "the principal crux of female despair": the unacknowledged Oedipal nature of the mother-daughter bond. Born and raised in the Bronx, the daughter of "urban peasants," Gornick grows up in a household dominated by her intelligent but uneducated mother's romantic depression over the early death of her husband. Next door lives Nettie, an attractive widow whose calculating sensuality appeals greatly to Vivian. These women with their opposing models of femininity continue, well into adulthood, to affect Gornick's struggle to find herself in love and in work. As Gornick walks with her aged mother through the streets of New York, arguing and remembering the past, each wins the reader's admiration: the caustic and clear-thinking daughter, for her courage and tenacity in really talking to her mother about the most basic issues of their lives, and the still powerful and intuitively-wise old woman, who again and again proves herself her daughter's mother. Unsparing, deeply courageous, *Fierce Attachments* is one of the most remarkable documents of family feeling that has been written, a classic that helped start the memoir boom and remains one of the most moving examples of the genre. "[Gornick] stares unflinchingly at all that is hidden, difficult, strange, unresolvable in herself and others—at loneliness, sexual malice and the devouring, claustrophobic closeness of mothers and daughters...[*Fierce Attachments* is] a portrait of the artist as she finds a language—original, allergic to euphemism and therapeutic banalities—worthy of the women that raised her."—The New York Times

**Fierce Conversations (Revised and Updated)** Susan Scott, 2004-01-06 Fully revised and updated—the national bestselling communication skills guide that will help you achieve personal and professional success one conversation at a time. The master teacher of positive change through powerful communication, Susan Scott wants you to succeed. To do that, she explains, you must transform everyday conversations at work and at home with effective ways to get your message across—and get what you want. In this guide, which includes a workbook and *The Seven Principles of Fierce Conversations*, Scott teaches you how to:

- Overcome barriers to meaningful communication
- Expand and enrich relationships with colleagues, friends, and family
- Increase clarity and improve understanding
- Handle strong emotions—on both sides of the

table • Connect with colleagues, customers and family at a deep level Includes a Foreword by Ken Blanchard, the bestselling co-author of *The One Minute Manager*

*Little Girls in Pretty Boxes* Joan Ryan, 2013-04-03 A sports reporter investigates the training of girls as professional gymnasts and figure skaters, arguing that the pressure to succeed and to look beautiful results in mental and physical harm, from eating disorders to psychological trauma.

**Winning Balance** Shawn Johnson, 2012-06-05 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 with the Stars*. Yet Shawn is no stranger to hard work and adversity. Her loss of the major gymnastics prize everyone expected her to win in Beijing, the all-around Olympic gold medal, was the loss of a dream she'd worked for since childhood. And later, she suffered a staggering injury in a skiing accident that forced her life to a halt and made her rethink what was really important. She wasn't sure who she was anymore. She wasn't sure what her goals were. And she wasn't sure she was satisfied with where she was with her faith and God. Could she find the right kind of success in life—the kind that doesn't involve medals or trophies, but peace, love, and lasting joy? This is the amazing true journey of how the young woman who won an Olympic gold medal on the balance beam became even more balanced.

**Off Balance** Dominique Moceanu, 2012-06-12 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.

*Tone It Up* Karena Dawn, Katrina Scott, 2015-05-05 Karena Dawn and Katrina Scott, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting fit. In their *Tone It Up* book, the girls' genuine, relatable philosophy is boiled down to a 28-day program that incorporates fitness routines, nutritional advice, and mental and spiritual practices to transform readers' bodies, attitudes, and lives. Dawn and Scott take a holistic approach to fitness, including the same principles in their book that make their brand so popular--a sense of community, empowerment, and lightheartedness in every healthy, feel-good technique they recommend. Dawn and Scott will help readers get: • **FIT.** With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, readers will be on their way to the strong, sexy body they're after. • **FIERCE.** Dawn and Scott will empower readers to be their best self-motivators by aligning their minds and bodies with their intentions through visualization exercises, daily meditations, confidence-boosting tips, and dares to move outside their comfort zones. • **FABULOUS.** This is the fun stuff: beauty, sparkle, friendship, inspiration, joy, and all the things that give readers that unmistakable glow so they radiate from the inside out!

**Letters to a Young Gymnast** Nadia Comăneci, 2004 The record-breaking gymnast provides a firsthand look into the world of the female athlete as she shows what it takes to achieve athletic perfection, offering inspiring stories from her own experience, anecdotes, and practical advice that reveal the mindset of a top competitor. 75,000 first printing.

Raising the Bar Gabby Douglas, Gabrielle Douglas, 2013 The Olympic gold medalist shares the story of her life and how the people in her life helped to allow her to persevere and reach her dreams.

**The Cold Start Problem** Andrew Chen, 2021-12-07 A startup executive and investor draws on expertise developed at the premier venture capital firm Andreessen Horowitz and as an executive at Uber to address how tech's most successful products have solved the dreaded cold start problem"—by leveraging network effects to launch and scale toward billions of users. Although software has become easier to build, launching and scaling new products and services remains difficult. Startups face daunting challenges entering the technology ecosystem, including stiff competition, copycats, and ineffective marketing channels. Teams launching new products must consider the advantages of "the network effect," where a product or service's value increases as more users engage with it. Apple, Google, Microsoft, and other tech giants utilize network effects, and most tech products incorporate them, whether they're messaging apps, workplace collaboration tools, or marketplaces. Network effects provide a path for fledgling products to break through, attracting new users through viral growth and word of mouth. Yet most entrepreneurs lack the vocabulary and context to describe them—much less understand the fundamental principles that drive the effect. What exactly are network effects? How do teams create and build them into their products? How do products compete in a market where every player has them? Andrew Chen draws on his experience and on interviews with the CEOs and founding teams of LinkedIn, Twitch, Zoom, Dropbox, Tinder, Uber, Airbnb, and

Pinterest to offer unique insights in answering these questions. Chen also provides practical frameworks and principles that can be applied across products and industries. The Cold Start Problem reveals what makes winning networks thrive, why some startups fail to successfully scale, and, most crucially, why products that create and compete using the network effect are vitally important today.

*Fierce Love* Dr. Jacqui Lewis, 2021-11-09 A healing antidote to our divisive culture, full of evocative storytelling, spiritual wisdom, and nine essential daily practices—by the first female, Black senior minister at the historic Collegiate Churches of New York “Fierce Love teaches us that with spiritual faith we can transcend the darkest moments and come through stronger.”—Gabrielle Bernstein, #1 New York Times bestselling author of *The Universe Has Your Back* We are living in a world divided. Race and ethnicity, caste and color, gender and sexuality, class and education, religion and political party have all become demographic labels that reduce our differences to simplistic categories in which “we” are vehemently against “them.” But Rev. Dr. Jacqui Lewis’s own experience—of being the first female and first Black minister in her church’s history, of being in an interracial marriage, and of making peace with childhood abuse—illustrates that our human capacity for empathy and forgiveness is the key to reversing these ugly trends. Inspired by the tenets of ubuntu—the Zulu philosophy that we are each impacted by the circumstances that impact those around us, and that the world won’t get better until we all get better—Fierce Love lays out the nine daily practices for breaking through tribalism and engineering the change we seek. From downsizing our emotional baggage to speaking truth to power to fueling our activism with joy, it demonstrates the power of small, morally courageous steps to heal our own lives, our posse, and our larger communities. Sharing stories that trace her personal reckoning with racism as well as the arc of her journey to an inclusive and service-driven faith, Dr. Lewis shows that kindness, compassion, and inclusive thinking are muscles that can be exercised and strengthened. With the goal of mending our inextricable human connection, Fierce Love is a manifesto for all generations: a bighearted, healing antidote to our rancorous culture.

**Fierce Marriage** Ryan Frederick, Selena Frederick, 2018-04-17 Ryan and Selena Frederick were newlyweds when they landed in Switzerland to pursue Selena's dream of training horses. Neither of them knew at the time that Ryan was living out a death sentence brought on by a worsening genetic heart defect. Soon it became clear he needed major surgery that could either save his life—or result in his death on the operating table. The young couple prepared for the worst. When Ryan survived, they both realized that they still had a future together. But the near loss changed the way they saw all that would lie ahead. They would live and love fiercely, fighting for each other and for a Christ-centered marriage, every step of the way. Fierce Marriage is their story, but more than that, it is a call for married couples to put God first in their relationship, to measure everything they do and say to each other against what Christ did for them, and to see marriage not just as a relationship they should try to keep healthy but also as one worth fighting for in every situation. With the gospel as their

foundation, Ryan and Selena offer hope and practical help for common struggles in marriage, including communication problems, sexual frustration, financial stress, family tension, screen-time disconnection, and unrealistic expectations.

**Drop the Ball** Tiffany Dufu, 2017-02-14 A bold and inspiring memoir and manifesto from a renowned voice in the women's leadership movement who shows women how to cultivate the single skill they really need in order to thrive: the ability to let go. Once the poster girl for doing it all, after she had her first child, Tiffany Dufu struggled to accomplish everything she thought she needed to in order to succeed. Like so many driven and talented women who have been brought up to believe that to have it all, they must do it all, Dufu began to feel that achieving her career and personal goals was an impossibility. Eventually, she discovered the solution: letting go. In *Drop the Ball*, Dufu recounts how she learned to reevaluate expectations, shrink her to-do list, and meaningfully engage the assistance of others—freeing the space she needed to flourish at work and to develop deeper, more meaningful relationships at home. Even though women are half the workforce, they still represent only eighteen per cent of the highest level leaders. The reasons are obvious: just as women reach middle management they are also starting families. Mounting responsibilities at work and home leave them with no bandwidth to do what will most lead to their success. Offering new perspective on why the women's leadership movement has stalled, and packed with actionable advice, Tiffany Dufu's *Drop the Ball* urges women to embrace imperfection, to expect less of themselves and more from others—only then can they focus on what they truly care about, devote the necessary energy to achieving their real goals, and create the type of rich, rewarding life we all desire.

**Flying High** Michelle Meadows, 2020-12-29 A lyrical picture book biography of Simone Biles, gymnastics champion and Olympic superstar. Before she was a record-breaking gymnast competing on the world stage, Simone Biles spent time in foster care as a young child. Nimble and boundlessly energetic, she cherished every playground and each new backyard. When she was six years old, Simone's family took shape in a different way. Her grandparents Ron and Nellie Biles adopted Simone and her sister Adria. Ron and Nellie became their parents. Simone was also introduced to gymnastics that same year, launching a lifelong passion fueled by remarkable talent, sacrifice, and the undying support of her family. From her athletic early childhood to the height of her success as an Olympic champion, *Flying High* is the story of the world's greatest gymnast from author Michelle Meadows and illustrator Ebony Glenn.

**Eat and Run** Scott Jurek, Steve Friedman, 2013-01-01 An inspirational memoir by Scott Jurek, one of the finest ultrarunners in the world.

**Mighty Moe** Rachel Swaby, Kit Fox, 2019-10-15 Rachel Swaby and Kit Fox present *Mighty Moe*, the untold true story of runner Maureen Wilton, whose world record-breaking marathon time at age 13 was met first with misogyny and controversy, but ultimately with triumph. Fifty-two years ago, a girl known as *Mighty Moe* broke the women's world marathon record at a small race in Toronto. This was an era when girls and women were discouraged from the sport and the longest track event at

the Olympics for women was 25.6 miles shorter than a marathon. Thirteen-year-old Moe's world-beating victory was greeted with chauvinistic disapproval and accusations of cheating—as were many of her achievements in the sport she had excelled at from the age of ten. Within less than two years, the controversy took its toll and Maureen quit running. Here is the untold story of Mighty Moe's tenacity and triumph in the face of adversity as a young athlete—and of a grown-up Maureen finding her way back to the sport decades later. This inspiring biography for readers and racers of all ages showcases the truly groundbreaking achievements of an unassuming, amazing young athlete. Mighty Moe includes an introduction by Kathrine Switzer, the first woman to officially register and run in the Boston Marathon (and Maureen's only fellow female competitor at the 1967 record-setting race), and an afterword by Des Linden, the first-place finisher of the 11,628 women who raced the 2018 Boston Marathon.

**Life Is Short, Don't Wait to Dance** Valorie Kondos Field, 2018-10-02 Highly acclaimed UCLA Women's gymnastics coach of 7 NCAA championships Valorie Kondos Field shares insights on how to use uniqueness and authenticity to achieve success. Former professional ballerina Valorie Kondos Field--or Miss Val, as she's affectionately known--has never tumbled, flipped, or even played any type of organized sports, and yet she has been able to craft a legendary coaching career through curiosity, creativity, attention to detail, and unwavering care for the overall well-being of her athletes. For Miss Val, it's not about winning and losing, it's about choreographing your life and owning the choices you make. Miss Val has shaped her UCLA Gymnastics program as a life skills class and now she's sharing those lessons with you, whether you're an athlete, business leader, or simply someone who wants to own their destiny. Miss Val's philosophies are timeless. Her coaching style is unorthodox. *Life Is Short, Don't Wait to Dance* is a thought-provoking, fun journey through the anecdotes of the 35-year career of a dancer/choreographer turned athletic coach. The book includes unforgettable stories of the Olympians and athletes with whom she's worked—including the inspirational journey of Katelyn Ohashi, whose joyful transformation under the tutelage of Miss Val was evident to the world when her perfect 10 floor routine went viral -- reaching over 100 million viewers. Other triumphs include Olympian Jamie Dantzscher, who found her confidence at UCLA and learned the tools to combat her previous abuse; and sensation Christine Peng Peng Lee, who helped the Bruins clinch the 2018 NCAA championship with back-to-back 10's. Miss Val also shares her favorite memories of her mentor, legendary basketball coach John Wooden, as well as her thoughts on Larry Nassar and the gymnastics sexual abuse scandal. Miss Val reveals how her coaching journey had a rocky start before she found her own best approach. In time she realized that her dance background wasn't a detriment, it was a gift. When she embraced this, Miss Val led the Bruins to victory. *Life Is Short, Don't Wait to Dance* is packed with great advice for anyone on a quest for success, delivered in Miss Val's reassuring and inspirational tone. She took the same approach to her breast cancer diagnosis, explaining how she made that struggle into one of the best years of her life. For Miss Val, it's all about attitude. *Life Is Short, Don't Wait to Dance* is a powerful book that shows you how

to make the leap of faith in choosing your own path to greatness.

Before We Were Strangers Renée Carlino, 2015-08-18 From the USA TODAY bestselling author of *Sweet Thing and Nowhere But Here* comes a love story about a Craigslist “missed connection” post that gives two people a second chance at love fifteen years after they were separated in New York City. To the Green-eyed Lovebird: We met fifteen years ago, almost to the day, when I moved my stuff into the NYU dorm room next to yours at Senior House. You called us fast friends. I like to think it was more. We lived on nothing but the excitement of finding ourselves through music (you were obsessed with Jeff Buckley), photography (I couldn’t stop taking pictures of you), hanging out in Washington Square Park, and all the weird things we did to make money. I learned more about myself that year than any other. Yet, somehow, it all fell apart. We lost touch the summer after graduation when I went to South America to work for National Geographic. When I came back, you were gone. A part of me still wonders if I pushed you too hard after the wedding... I didn’t see you again until a month ago. It was a Wednesday. You were rocking back on your heels, balancing on that thick yellow line that runs along the subway platform, waiting for the F train. I didn’t know it was you until it was too late, and then you were gone. Again. You said my name; I saw it on your lips. I tried to will the train to stop, just so I could say hello. After seeing you, all of the youthful feelings and memories came flooding back to me, and now I’ve spent the better part of a month wondering what your life is like. I might be totally out of my mind, but would you like to get a drink with me and catch up on the last decade and a half? M

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