

Letters To A Young Gymnast Nadia Comaneci

How the Cold War era changed the trajectory of women's gymnastics Electrifying athletes like Olga Korbut and Nadia Comaneci helped make women's artistic gymnastics one of the most popular events in the Olympic Games. But the transition of gymnastics from a women's sport to a girl's sport in the 1970s also laid the foundation for a system of emotional, physical, and sexual abuse of gymnasts around the world. Georgia Cervin offers a unique history of women's gymnastics, examining how the high-stakes diplomatic rivalry of the Cold War created a breeding ground for exploitation. Yet, a surprising spirit of international collaboration arose to decide the social values and image of femininity demonstrated by the sport. Cervin also charts the changes in style, equipment, training, and participants that transformed the sport, as explosive athleticism replaced balletic grace and gymnastics dominance shifted from East to West. Sweeping and revelatory, *Degrees of Difficulty* tells a story of international friction, unexpected cooperation, and the legacy of abuse and betrayal created by the win-at-all-cost attitudes of the Cold War.

Jessie might be the quiet girl on the team, but she's a power-house on the vault. She's tired of her teammates underestimating her, and she's finally ready to show

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them what she's made of. Get ready for Jessie to follow her dreams and finally becoming an Elite Gymnast.

An award-winning novel powerfully re-imagines a childhood in the spotlight of history, politics, and destiny. Montreal 1976. A fourteen-year-old girl steps out onto the floor of the Montreal Forum and into history. Twenty seconds on uneven bars is all it takes for Nadia Comaneci, the slight, unsmiling child from Communist Romania, to etch herself into the collective memory. The electronic scoreboard, astonishing spectators with what has happened, shows 1.0. The judges have awarded an unprecedented perfect ten, the first in Olympic gymnastics, though the scoreboard is unable to register anything higher than 9.9. In *The Little Communist Who Never Smiled*, Lola Lafon tells the story of Comaneci's journey from growing up in rural Romania to her eventual defection to the United States in 1989. Adored by young girls in the west and appropriated as a political emblem by the Ceausescu regime, Comaneci's life was scrutinized wherever she went. Lafon's fictionalized account shows how a single athletic event mesmerizes the world and reverberates across nations.

One of the world's greatest gymnasts describes her childhood and training, her quest to become a world class athlete, her stunning victory at the Montreal Olympics, and her private life

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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

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true.

The complete, first-hand story of the seventeen-year-old who captured worldwide attention by winning the first American gold medal in women's gymnastics also recounts the life of her defected Romanian coach

This work is in the form of letters written by an old philosopher, at the end of his career and life, to a young student. The letters cover a comprehensive introduction to philosophy, wisdom, and the art of thinking. Inspired from Letters to a Young Poet by Rainer Maria Rilke, the letters of the old philosopher guide, instruct, and pass on wisdom to the student. In a lucid and conversational style, the old philosopher instructs the student on a range of issues such as love, education, friendship, violence, ignorance, mediocrity, and happiness. The style is both philosophical and literary.

A year after being nearly paralyzed, Audrey Lee is going to the Olympics but the United States' gymnastics team is on the verge of collapse and Leo, her new coach's cute son, is another distraction.

New York Times, Wall Street Journal, and USA Today Bestseller! Gold medal-winning Olympic gymnast and Dancing with the Stars champion Laurie Hernandez shares her story in her own words in this debut book for fans of all ages—with never-before-seen photos! At sixteen years old, Laurie Hernandez has

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already made many of her dreams come true—and yet it’s only the beginning for this highly accomplished athlete. A Latina Jersey girl, Laurie saw her life take a dramatic turn last summer when she was chosen to be a part of the 2016 US Olympic gymnastics team. After winning gold in Rio as part of the Final Five, Laurie also earned an individual silver medal for her performance on the balance beam. Nicknamed “the Human Emoji” for her wide-eyed and animated expressions, Laurie continued to dance her way into everyone’s hearts while competing on the hit reality TV show *Dancing with the Stars*, where she was the youngest-ever winner of the Mirrorball Trophy. Poignant and funny, Laurie’s story is about growing up with the dream of becoming an Olympian and what it took to win gold. She talks about her loving family, her rigorous training, her intense sacrifices, and her amazing triumphs. Be prepared to fall in love with and be mesmerized by America’s newest sweetheart all over again.

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.

Nadia Comaneci was a feisty and fearless little girl who went from climbing trees in the forests of Romania to swinging into history at the 1976 Olympic Games, where she received an unprecedented seven perfect scores in gymnastics. But as readers will see in this first-ever

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illustrated picture book about Nadia's journey to Olympic gold, the road from small-town girl to world-class athlete was full of many imperfect moments. Expert illustrations that capture the energy and fluidity of Nadia's exuberant gymnastic routines and referential back matter round out this inspirational story of determination and overcoming adversity. A perfect 10.

Olympic gymnast Trixie Dalca's world is destroyed the day her sister Ileana falls during training, slips into a coma, and dies. To cope with the loss, Trixie turns to her best friend, American gymnast Shaye Sylvester. Together with Shaye and amateur documentary filmmaker Abby Vicari, the three unlikely investigators question whether Ileana's death was merely a tragic accident or murder.

Widely considered America's greatest gymnast ever, Nastia Liukin has inspired an entire generation with her brilliant technique, remarkable sportsmanship and unparalleled artistry. A children's biography, *Nastia Liukin: Ballerina of Gymnastics* traces the Olympic all-around champion's ascent from gifted child prodigy to queen of her sport.

Named a best beach/summer read by *O, The Oprah Magazine*, *Cosmopolitan*, *Parade*, *PopSugar*, *Marie Claire*, *Bustle*, and more! From the author of *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

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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*).

In *The end of the perfect 10*, Dvora Meyers provides an account of the controversial world of gymnastics, the recent changes to the scoring system, and what these changes mean for the future of American gymnastics.

Gymnast Simone Biles won four Olympic gold medals in 2016, and she plans to compete at the Olympics again in 2021. This carefully leveled text with engaging photos and critical thinking questions will be a hit with young gymnastics fans.

The *I Know This to Be True* series is a collection of extraordinary figures from diverse backgrounds answering the same questions, as well as sharing their compelling stories, guiding ideals, and insightful wisdom. Bryan Stevenson has committed his career to fighting wrongful convictions, systemic poverty, and mass incarceration—here, he shares the lessons he's learned throughout his life. Stories include how his slave ancestry shaped his childhood, how a poignant conversation with a death row inmate impacted his work, and why he believes the worst thing that happens to a person shouldn't define their life. • Bryan Stevenson is one of today's most influential social justice attorneys and author of the bestselling book *Just Mercy* •

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This book is an encouraging road map for aspiring activists and anyone who believes in second chances • The landmark book series brims with messages of leadership, courage, compassion, and hope Inspired by Nelson Mandela's legacy and created in collaboration with the Nelson Mandela Foundation, I Know This to Be True is a global series of books created to spark a new generation of leaders. This series offers encouragement and guidance to graduates, future leaders, and anyone hoping to make a positive impact on the world. • Royalties from sales of the series support the free distribution of material from the series to the world's developing economy countries • Great for those who loved Letters of Note: An Eclectic Collection of Correspondence Deserving of a Wider Audience by Shaun Usher, Long Walk to Freedom: The Autobiography of Nelson Mandela by Nelson Mandela, and Just Mercy: A Story of Justice and Redemption by Bryan Stevenson

Describes the hardships and challenges Shannon Miller overcame to become an Olympic gold medalist

Perfect for a book report, 10.0: The Nadia Comaneci Story tells the gymnastics legend's moving story that inspired millions. Growing up in Romania, Nadia Comaneci was just a five-year-old kid who performed cartwheels for fun. Nine years later, she tumbled her way into the history books when she became the first gymnast to earn a 10.0 at the Olympics. Discover how Nadia reached perfection en route to winning nine Olympic medals and how she used her post-gymnastics fame to make the world a better place.

ECPA 2020 Christian Book Award Finalist! Written by Rachael Denhollander, Recipient

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of Sports Illustrated's Inspiration of the Year Award and one of Time's 100 Most Influential People (2018). "Who is going to tell these little girls that what was done to them matters? That they are seen and valued, that they are not alone and they are not unprotected?" Rachael Denhollander's voice was heard around the world when she spoke out to end the most shocking US gymnastics scandal in history. The first victim to publicly accuse Larry Nassar, the former USA Gymnastics team doctor who sexually abused hundreds of young athletes, Rachael now reveals her full story for the first time. How did Nassar get away with it for so long? How did Rachael and the other survivors finally stop him and bring him to justice? And how can we protect the vulnerable in our own families, churches, and communities? *What Is a Girl Worth?* is the inspiring true story of Rachael's journey from an idealistic young gymnast to a strong and determined woman who found the courage to raise her voice against evil, even when she thought the world might not listen. This deeply personal and compelling narrative shines a spotlight on the physical and emotional impact of abuse, why so many survivors are reluctant to speak out, what it means to be believed, the extraordinary power of faith and forgiveness, and how we can learn to do what's right in the moments that matter most. This inspirational, empowering book is written by attorney, advocate, educator, and author Rachael Denhollander.

A guide to the beginner's world of gymnastics offers advice on selecting a program, warming up and cooling down exercises, and moving on to the competitive level, and

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includes instructions on floor and apparatus moves.

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

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transcends the world of sports, *Off Balance* will touch anyone who has ever dared to dream of a better life.

From NYT and USA Today bestselling author, Julie Cross, a Mature YA contemporary set in the tough world of Elite Gymnastics. Her family may be shattered, but her dreams aren't... Seventeen year old Karen Campbell has just lost both her parents in a tragic car accident. Grief stricken and alone, her gymnastics coach opens his home to Karen, providing her a place to live while she continues to train, working toward a spot on the world championship team. Coach Bentley's only child, seventeen year old Jordan is good-looking and charming enough to scare away a girl like Karen—someone who has spent ten times more hours on balance beams and uneven bars than talking or even thinking about boys. But the two teens share a special connection almost immediately. It turns out Jordan has a tragic past of his own, grief buried for years. As Karen's gymnastics career soars, her nightmares and visions of the horrible accident grow in strength. She can only avoid facing her grief for so long before it begins to surface and ultimately spin out of control in a very dangerous way. Can discovering love and lust (simultaneously) help with the grieving process or will it only provide a temporary distraction while waiting for reality to hit full force?

Letters to a Young Gymnast Basic Books

Explores the career of Kim Zmeskal, the first American gymnast to secure an all-around world title in her sport

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Celebrates the life and career of the Olympic gold medalist

The charismatic coach of gymnastic stars including Nadia Comanec and Mary Lou Retton chronicles his life and career, from troubles with Romanian secret police, through his decision to defect, to his fight for better gymnastics in the United States. Depicts the early determination Tracee showed to become a gymnast and the years of training that have brought her to a championship level at age fourteen. Noelle qualifies for the Junior National Championships - is she up for the pressure?

A brief biography emphasizing the training and gymnastic achievements of the fourteen-year-old Romanian who earned a perfect score seven times in the 1976 Olympic Games.

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

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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 gymnast who led the U.S. team to the gold medal at the 1996 Summer Olympics recounts her childhood, her training, her relationship with her coaches, and her Olympic experience

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.

"Art of Mentoring" seriesIn the book that he was born to write, provocateur and

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best-selling author Christopher Hitchens inspires future generations of radicals, gadflies, mavericks, rebels, angry young (wo)men, and dissidents. Who better to speak to that person who finds him or herself in a contrarian position than Hitchens, who has made a career of disagreeing in profound and entertaining ways. This book explores the entire range of "contrary positions"-from noble dissident to gratuitous pain in the butt. In an age of overly polite debate bending over backward to reach a happy consensus within an increasingly centrist political dialogue, Hitchens pointedly pitches himself in contrast. He bemoans the loss of the skills of dialectical thinking evident in contemporary society. He understands the importance of disagreement-to personal integrity, to informed discussion, to true progress-heck, to democracy itself. Epigrammatic, spunky, witty, in your face, timeless and timely, this book is everything you would expect from a mentoring contrarian.

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. Reading this summary, you will discover how the Romanian gymnast Nadia Comăneci became a legend in her field. You will also discover : behind the scenes of high level gymnastics between 1970 and 1984; the living conditions in Romania during the Cold War; how Nadia Comăneci's character was forged; her relationship with her coaches; how and

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why she became so famous. At a very young age, Nadia Comăneci developed exceptional skills for sport. These led her to an extraordinary destiny. Passionate about gymnastics, she was the first athlete to achieve top marks in competition. As a result, she was the object of admiration but also of all fantasies, as a showcase for an opaque communist regime. Are you ready to discover her exceptional destiny? *Buy now the summary of this book for the modest price of a cup of coffee!

If there were such a thing as an "elder" stateswoman in women's gymnastics today, Nadia Comaneci would win that title as readily as she once won gold medals. Olga Korbut came before her, and many other medalists would follow, but none has ever been as dominant in winning the hearts of millions around the world. With grit and determination, Nadia Comaneci ushered in a new era for women's sports, one where young girls could vault into the arena of superstardom. Even today, almost thirty years after her greatest triumphs, you need only mention the name "Nadia" and gymnastics fans know instantly whom you are talking about. In *Letters to a Young Gymnast*, Nadia shows what it takes to achieve athletic perfection and become the best. With inspiring and dramatic stories from her own experience, she tells us how the young girl that Bela Karolyi discovered in a Romanian elementary school found the inner strength to become

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a world-class athlete at such a young age. This collection of Nadia's memories, anecdotes, and advice grants unique insights into the mind of a top competitor. From how to live after you've realized your dream, to the necessity of "a spirit forged with mettle," Nadia's thoughts on athleticism and sacrifice are eye-opening and surprisingly challenging.

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

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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.

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"When the odds were against me, I was always at my best." When she retired at age 19, Shannon Miller did so as one of the most recognizable gymnasts in the country. The winner of seven Olympic medals and the most decorated gymnast, male or female, in U.S. history, Shannon tells a story of surviving and thriving. A shy, rambunctious girl raised in Oklahoma, Shannon fell in love with gymnastics at a young age and fought her way to the top. In 1992 she won five Olympic medals after breaking her elbow in a training accident just months prior to the Games. Then, in 1996, a doctor advised her to retire immediately or face dire consequences if she chose to compete on her injured wrist. Undeterred, Shannon endured the pain and led her team, the "Magnificent Seven," to the first Olympic team gold medal for the United States in gymnastics. She followed up as the first American to win gold on the balance beam. Equally intense, heroic and gratifying is the story of her brutal but successful battle with ovarian cancer, a disease from which fewer than fifty percent survive. Relying on her faith and hard-learned perseverance, Shannon battled through surgery and major chemotherapy to emerge on the other side with a miracle baby girl. Her story of trial, triumph and life after cancer reminds us all that its life's bumps and bruises that reveal our character. From early on in her career, Shannon knew that life wasn't about perfection. In this incredible and inspirational tale, Shannon speaks

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out so as to be seen and heard by thousands as a beacon of hope. In *Letters to a Young Gymnast*, Nadia Comaneci tells how she found the inner strength to become a world-class athlete at such a young age. Now a woman of tremendous poise and self-assurance, she offers unique insights into the mind of a top competitor. From how to live after you've realized your dream to the necessity of "a spirit forged with mettle," Comaneci's thoughts on athleticism and sacrifice are eye-opening.

Gymnastics Psychology takes a comprehensive look at the factors that are necessary for training champions while emphasizing concern for the athlete's psychological status, regardless of the level of achievement. The easy-to-follow articles cover the interpersonal relationships of coaches and athletes, psychological issues pertaining to motivation and fear management, meet preparation and goal setting, as well as vital family, school and peer relationships. The authors provide definitive insight in the areas of psychological development and competitive behaviors that are critical to success.

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.

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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.

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