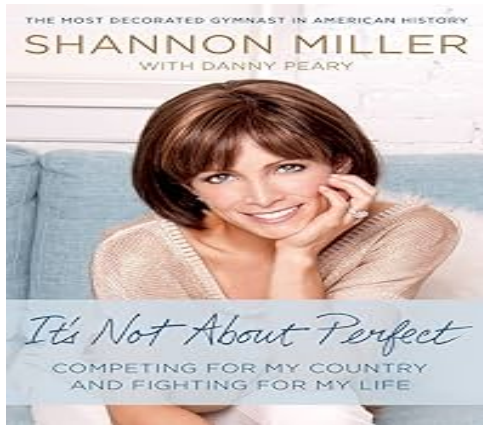


It's Not About Perfect: Competing for My Country and Fighting for My Life By Shannon Miller

It's Not About Perfect: Competing for My Country and Fighting for My Life : Miller Shannon: : Libros
It's Not About Perfect: Competing for My Country and Fighting for My Life Brilliant book for every ex
gymnast who deemed Shannon Miller their Hero. I got a bit teary eyed re living their pursuit of team
gold in 96' and learning about her life after gymnastics too trying to discover who she was as a
person beyond the sport. I love the theme of the book as she continues to realize that life is not
about being perfect but striving to be the best you can be pulling yourself back up and pushing
through when things don't go as planned. I think it's safe to say I'm even bigger fan after reading!
It's Not About Perfect: Competing for My Country and Fighting for My Life Only ever having
watched gymnastics myself I had no idea what becoming any kind of a champion involved. This
remarkable lady worked harder than I have ever done and consistently from the age of about 5!
Reading how she as an Olympic gold medalist was diagnosed with an aggressive cancer so young
was really sad. She begins by discussing her childhood and start in the sport highlighting the
countless hours she spent in the gym on the way to becoming one of the most talented gymnasts of
all time. she also discusses her life outside the gym detailing her frustrations about retiring from her
sport after the 96 Olympics only to make a comeback in time to attend the 2000 Olympic trials
failing to make the team a third time, Wonderful insight into her life as a gymnast and life after
gymnastics, It's Not About Perfect: Competing for My Country and Fighting for My Life I remember
following Shannon as a kid since she was one of my all time idols. I thoroughly enjoyed this book
because it walked me through her gymnastic experiences in depth from her younger years all the
way beyond college: While I'd always been a big fan it was amazing to truly get a sense of how wise
and determined she was as a young kid demonstrating why she was so successful. It was amazing
and inspirational to learn about how she overcame ovarian cancer shortly before becoming pregnant
with her miracle daughter. I also enjoyed reading about how she started her business to inspire
wellness for women and children as well as her experiences becoming a mother. This book is a must
read for any gymnastics fans young or old as well as people looking for a great story about
perseverance: How she drew on the strength and experience she earned as a competing gymnast
and used that in her fight for life was truly inspiring. And not only in that but in every area of life if
you need a kick start to get on with something read this book, It may just be the motivation you need
as it was for me, It's Not About Perfect: Competing for My Country and Fighting for My Life This is a
great book. Shannon Miller as yet the most decorated American gymnast in history tells of her life.
It's a long journey that includes injury disappointment and triumph culminating in the capture of
nine world championship and seven Olympic medals, She was a member of the first Olympic
women's gymnastics team to take gold for America at the 1996 Olympics where she also took gold at
the balance beam, She tells about the struggles and joys of competition and the coaches that helped
her along the way: She also tells of two marriages the second one giving her joy and two children,
It's Not About Perfect: Competing for My Country and Fighting for My Life Great book! Shannon is
inspirational and upbeat and she has been a hero of mine since 1992. The book is full of exciting
stories of struggle and triumph peppered with life lessons: Did you ever wonder how she got to be so
great under pressure? She explains it all even her secret to sticking landings and staying on the
beam. And the idea that you can tackle obstacles in your life by drawing from previous hardships you
have overcome is a powerful one, I would have liked juicy gossip like the darker side of elite
gymnastics and her personal life but I understand why she would want to leave that out. Maybe
when she retires from her brand we'll get a real tell all from Shannon! It's Not About Perfect:
Competing for My Country and Fighting for My Life



. SO worth a read. In 1992 she captured five medals at the Barcelona Olympics. Lastly She describes her fight with cancer. It's an inspirational story of perseverance and self discovery. I loved all the gymnastics details she gave