

Courage To Soar Simone Biles

A New York Times Book Review Editors' Choice • A Good Morning America Recommended Book • A BuzzFeed Most Anticipated Book of the Year • A Lit Hub Most Anticipated Book of the Year • A Rumpus Most Anticipated Book of the Year • A Bustle Most Anticipated Book of the Month "A pathbreaking feminist manifesto, impossible to put down or dismiss. Gina Frangello tells the morally complex story of her adulterous relationship with a lover and her shortcomings as a mother, and in doing so, highlights the forces that shaped, silenced, and shamed her: everyday misogyny, puritanical expectations regarding female sexuality and maternal sacrifice, and male oppression." —Adrienne Brodeur, author of *Wild Game* Gina Frangello spent her early adulthood trying to outrun a youth marked by poverty and violence. Now a long-married wife and devoted mother, the better life she carefully built is emotionally upended by the death of her closest friend. Soon, awakened to fault lines in her troubled marriage, Frangello is caught up in a recklessly passionate affair, leading a double life while continuing to project the image of the perfect family. When her secrets are finally uncovered, both her home and her identity will implode, testing the limits of desire, responsibility, love, and forgiveness. *Blow Your House Down* is a powerful testimony about the ways our culture seeks to cage women in traditional narratives of self-sacrifice and erasure. Frangello uses her personal story to examine the place of women in contemporary society: the violence they experience, the rage they suppress, the ways their bodies often reveal what they cannot say aloud, and finally, what it means to transgress "being good" in order to reclaim your own life.

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.

The Olympic gold medalist shares the story of her life and how her faith allowed her to persevere and reach her dreams.

What's it like to be one of Britain's greatest gymnasts? In this fascinating autobiography, Beth Tweddle takes us through the biggest moments of her life, from winning gold at the World Championships, to being honoured with an MBE at just 25 years old. Follow her story as she prepares for her most important task yet - the Olympics!

Highlighting the pioneering efforts of women athletes, this board book edition features simpler text and Rachel Ignatofsky's signature beautiful illustrations to give young girls the perfect role models to grow up with while inspiring a love of sports. The collection includes diverse women across various sports, time periods, and geographic location.

Told from the perspective of a 1988 world champion, a behind-the-scenes account of the personal toll of Olympics competitiveness reveals how her stage parents, abusive coaches, and manipulative sponsors pushed her to the limits of her physical and mental

"Dual biography of Mary Decker and Zola Budd and the infamous Olympic incident that binds them together"--

"The first thing to be said about Ellen Johnson Sirleaf's *This Child Will Be Great* is that it is exceptionally well written, a true story that seems as much a thriller as the remembrances of an ambitious and brave woman. . . . This timely book, essential for anyone who hopes to understand West Africa in general and Liberia in particular, is a lesson in courage and perseverance." —Washington Post From Liberian President Ellen Johnson Sirleaf—Africa's first elected female president—comes an inspirational memoir about her improbable rise to international prominence, her fight for political freedom, and her unwavering determination to rebuild Liberia in the wake of civil war.

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 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 Olympic gold medal-winning soccer player details her path to success, from her childhood in California to her time on the United States' National team.

So often, it's the simplest acts of courage that touch the lives of others. Sudha Murty—through the exceptional work of the Infosys Foundation as well as through her own youth, family life and travels—encounters many such stories . . . and she tells them here in her characteristically clear-eyed, warm-hearted way. She talks candidly about the meaningful impact of her work in the devadasi community, her trials and tribulations as the only female student in her engineering college and the unexpected and inspiring consequences of her father's kindness. From the quiet joy of discovering the reach of Indian cinema and the origins of Indian vegetables to the shallowness of judging others based on appearances, these are everyday struggles and victories, large and small. Unmasking both the beauty and ugliness of human nature, each of the real-life stories in this collection is reflective of a life lived with grace.

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.

In *Epic Athletes*: Stephen Curry, acclaimed journalist and bestselling author Dan Wetzel tells the inspiring, electrifying story of the NBA superstar, beginning a new series of sports biographies for young readers! Featuring comic-style illustrations by Zeke Peña! When you think of Stephen Curry, one word comes to mind: greatness. From shooting three-pointers with laser precision to his clutch ability to hit buzzer-beaters time and again, he has established himself as one of the best players in pro basketball. But greatness was never a guarantee for Steph. The son of a talented NBA player, he dreamed of one day playing professionally just like his dad. Yet Steph, who was always smaller and weaker than the competition, was told over and over that he would never be talented enough to be a college star or NBA player--let alone the MVP of the entire league. Through tenacity and hard work, he proved them all wrong and went on to dismantle the record books. With the high energy of a TV commentator, and featuring dynamic comic-style illustrations, this engaging biography tells the story of an NBA All-Star and the path he took to achieve his dreams. * "Wetzel knows how to organize the facts and tell a good story. . . an unusually informative and enjoyable sports biography for young readers." —Booklist (starred review) A Junior Library Guild selection!

The Awakening of Malcolm X is a powerful narrative account of the activist's adolescent years in jail, written by his daughter Ilyasah Shabazz along with 2019 Coretta Scott King-John Steptoe award-winning author, Tiffany D. Jackson. No one can be at peace until he has his freedom. In Charlestown Prison, Malcolm Little struggles with the weight of his past. Plagued by nightmares, Malcolm drifts through days, unsure of his future. Slowly, he befriends other prisoners and writes to his family. He reads all the books in the prison library, joins the debate team and the Nation of Islam. Malcolm grapples with race, politics, religion, and justice in the 1940s. And as his time in jail comes to an end, he begins to awaken -- emerging from prison more than just Malcolm Little: Now, he is Malcolm X. Here is an intimate look at Malcolm X's young adult years. While this book chronologically follows *X: A Novel*, it can be read as a stand-alone historical novel that invites larger discussions on black power, prison reform, and civil rights.

Simone Biles may be small in size, but she is larger than life in the sport of gymnastics! A coach recognized Biles's natural talent at just six years old. Since then, Biles has overcome many challenges to become the most successful gymnast of all time. Find out how she worked her way to the top of the Olympic podium in just 10 years and learn what she plans to do next.

Meet Simone Biles. From the time she was a little girl, Simone wanted to be a world-class gymnast. Through hard work and determination she made her dreams come true. Read this book to learn all about Olympic champion Simone Biles and her path to glory.

Book Features: • Ages 8-11, Grades 3-5, Guided Reading Level U, Lexile 870L • 32 pages, 7 inches x 9 inches • Simple, easy-to-read pages with full-color pictures • Includes sports-related vocabulary and review activities • Reading/teaching tips and index included *Life Of A Champion: In Women in Sports: Simone Biles*, your 3rd through 5th grade reader will learn about the dedication and determination it took Biles to become a member of the US Olympic gymnastics team and the most decorated gymnast in history.

Inspirational: With captivating photos that bring Biles's story to life, young readers will see how she found the sport shortly after being adopted at the age of 6. And, how her persistent practice made her one of the greatest women in sports. **Build Reading Skills:** This engaging 32-page light biography will help your child improve comprehension and build confidence with guided pre- and post-reading questions, close reading prompts, in-text vocabulary definitions, and a fun review activity. **Leveled Books:** Part of the *Women in Sports* series, this lower reading level biography and full-color pictures make the story of this amazing female athlete easily comprehensible for kids as they follow along in this engaging story. **Why Rourke Educational Media:** Since 1980, Rourke Publishing Company has specialized in publishing engaging and diverse non-fiction and fiction books for children in a wide range of subjects that support reading success on a level that has no limits.

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.

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 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.

Bring history home with you and meet some of the world's greatest game changers! Get inspired by the true story of the most award-winning American gymnast. This biography series is for kids who loved *Who Was?* and are ready for the next level. In August 2016, American gymnast Simone Biles won four Olympic gold medals! Her irresistible smile, fierce determination, and unbeatable strength have made her a favorite around the world. Find out how the girl who taught herself to flip on her backyard trampoline blazed a trail in gymnastics. *Trailblazers* is a biography series that celebrates the lives of amazing pioneers, past and present, from all over the world. Get inspired by more *Trailblazers*: Neil Armstrong, Jackie Robinson, Jane Goodall, Harriet Tubman, Albert Einstein, Beyoncé, and Simone Biles. What kind of trail will you blaze?

In *Courage to Soar*, the official autobiography from US Olympic gymnast Simone Biles, Simone presents the story of how she overcame early childhood challenges to become the most decorated US female gymnast and the only female gymnast to ever win three consecutive World Championship titles.

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.

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*
- 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

This eBook contains the full text of *Courage to Soar*, plus an exclusive bonus story that is not found in the hardcover! Simone Biles' entrance into the world of gymnastics may have started on a daycare field trip in her hometown of Spring, Texas, but her God-given talent, passion, and perseverance have made her one of the top gymnasts in the world, as well as a four-time winner of Olympic gold in Rio de Janeiro. But there is more to Simone than the nineteen medals—fourteen of them gold—and the Olympic successes. Through years of hard work and determination, she has relied on her faith and family to stay focused and positive, while having fun competing at the highest level and doing what she loves. Here, in her own words, Simone takes you through the events, challenges, and trials that carried her from an early childhood in foster care to a coveted spot on the 2016 Olympic team. Along the way, Simone shares the details of her inspiring personal story—one filled with the kinds of daily acts of courage that led her, and can lead you, to even the most unlikely of dreams.

"A photo-illustrated biography for early readers on four-time, Olympic gold medalist Simone Biles. Describes her childhood, her early interest in gymnastics, and her success as an Olympic gymnast. Includes a fact sheet with highlighted accomplishments, glossary, books, and websites"--

Discover the life of Simone Biles--a story about going for the gold for kids ages 6 to 9 Simone Biles has been called the greatest gymnast of all time, winning five Olympic and 25 World Champion medals by age 22. Before she wowed the world with her incredible gymnastics skills, Simone was an energetic young girl who dreamed of becoming a top gymnast. She trained for hours every day and made many sacrifices to pursue her goals. Explore how Simone Biles went from being a kid growing up in Texas to an Olympic athlete who has won more gymnastics medals than anyone in history. The Story of Simone Biles includes: A fun quiz--Test your knowledge of Simone's life with a short quiz that covers the Who, What, Where, When, Why, and How of her story. Word definitions--Explore a helpful glossary with some of the more advanced words and ideas in this beautifully illustrated book about Simone Biles. Lasting change--See how Simone's accomplishments helped open doors for female athletes across the world. How will Simone's hard work and determination inspire you?

In *Epic Athletes: Simone Biles*, celebrated sports journalist Dan Wetzel scores a perfect ten with this uplifting young reader's biography of gold medal gymnast Simone Biles! Featuring comic-style illustrations from Marcelo Baez! At the 2016 Summer Olympics, Simone Biles dazzled gymnastics fans across the globe with each jaw-dropping flip, twist, and dismount. Her record-breaking performance catapulted her to the top of the sport, and she quickly became a hero to young people. But well before Simone faced Olympic trials on the balance beam and rings, she confronted real-life challenges as a kid, as she moved in and out of foster care. With the support and love of her grandparents, plus her unwavering drive to make history on the ultimate stage in sports, she grew into an incredible role model and activist—and one of the greatest athletes of our time. Filled with sports action and bold comic-style illustrations, this inspiring biography recounts the incredible life of a world class gymnast. Praise for *Epic Athletes*: * "Wetzel knows how to organize the facts and tell a good story. . . an unusually informative and enjoyable sports biography for young readers." —Booklist, STARRED review of *Epic Athletes*: Stephen Curry

In gymnastics, no one comes close to Simone Biles, who in 2018 became the first American to win a medal at every event in the World Championships. That's in addition to her Olympic golds for best individual all-around, vault, and floor, plus the US team gold. Learn all about the powerhouse gymnast's journey in this entertaining book that captures her amazing career and proves she really is the G.O.A.T!

Sometimes life leads us through painful and lonely territory. But what happens when you see challenge as an opportunity to discover your purpose—and change the world? Join Taya Kyle and thirty-five remarkable Americans on their extraordinary journeys from despair to lives of passion and service. After losing her husband, "American Sniper" Chris Kyle, bestselling author Taya Kyle entered a period of inconsolable grief. And yet this darkness has served as a catalyst for profound growth. Taya found her own reserve of strength with the help of the generous love and support of family and friends—and also many strangers across America, who selflessly shared their own stories of suffering, survival, and triumph. Inspired by her experience, Taya found her calling: spreading a message of how love, passion, and service can combine to help us persevere over personal pain and heal our communities. Working with trusted collaborator Jim DeFelice (coauthor of *American Sniper* and *American Wife*), Taya tells her own story, as well as those of other Americans who have built extraordinary lives after traveling down life's most difficult roads—through loss, illness, all manner of setback. They embody the "American spirit" of resilience, faith, togetherness that has built the nation. *American Spirit* profiles more than 30 individuals, young and old, rich and not-so-rich, famous and unknown, who have overcome hardship and done extraordinary things for their communities and for the nation at large. The 9/11 survivor, badly burned over 60% of his body, who asked himself What debt do I owe to God? And to my fellow human beings? What am I supposed to do with this miracle of survival? The man with the hole in his heart who runs ultramarathons. The young cancer victim whose lemonade stand inspired a revolutionary new model for fighting cancer. The blind cyclist; the pastor who became an undercover investigator, and more. In the end, these stories teach us how to find purpose and heal the world, no matter the difficulty. "Every action, big or small," Taya writes, "has the potential to spark someone else's movement."

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.

In the sixth installment of *GymnStars*, the award-winning children's biography series chronicles the career and personal life of Simone Biles, the young gymnast who shattered numerous gymnastics' records en route to becoming a three-time world champion and an Olympic favorite.

Learn your back springs from your bridges in this first gymnastics book for young fans and future Olympians. Meet the stars of the gymnastic world in this sports book, from Simone Biles to Max Whitlock, and find out how they train and perfect routines to take to the floor and wow the judging panel. With tons of photos and step-by-step illustrations, this book breaks down some of the complicated moves used in gymnastics routines, covering both simple and high-level gymnastics. Parallel bars, the pommel horse, and other key pieces of equipment are profiled alongside how they're used. The differences between rhythmic, acrobatic, and artistic gymnastics are explained with the help of exciting photos of expert gymnasts. Introducing world-champion individuals and international teams, this guide is great for kids that are obsessed with gymnastics.

This title explores the life and career of the most decorated American gymnast so far, Simone Biles. This young woman rose from the challenges of her youth to break the mold, earning five medals, including four gold, at the 2016 Summer Olympics. Biles is one of only six female gymnasts to have won an individual all-around title at both the world Championships and the Olympic Games. This record-breaking young woman has set the stage for future gymnasts as well as all those struggling to overcome adversity.

Photographs and a timeline accurately depict Biles's exciting gymnastics career.

Simone Biles is one of the country's best female athletes. Learn about her childhood, the challenges she has overcome, and this gymnast's greatest accomplishments. Get the inside scoop on her gold-medal-winning Olympic appearance.

"Simone takes you through the events, challenges, and trials that carried her from an early childhood in foster care to a coveted spot on the 2016 Olympic team" --

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.

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

The *Power Playbook* is the empowering guide to forging professional success, establishing financial independence, and finding balance for a truly satisfying life. The author of the #1 New York Times bestseller *The Love Playbook*, La La Anthony is again opening up her playbook to share her no-nonsense advice. La La is a self-made entrepreneur with a successful fashion line, a cosmetics company, a reality show, and a budding acting career to her credit. From humble beginnings, she created a career that she loves through sheer determination and hard work, and now she shares her hard-won wisdom on how her readers can do the same. With her unparalleled drive and enterprising attitude, La La knows what it takes to follow a dream, forge goals, and work relentlessly to achieve them. In *The Power Playbook*, she will share her tried-and-true advice for reaching new levels of success in whatever you set out to do. Big dreams require hard work, resilience, and an undying belief in yourself. Illustrated by personal stories of her own professional triumphs and challenges, La La reveals her secrets to finding success on your own terms.

Pursue a more mindful life with words of wisdom from esteemed Star Wars™ mentors Yoda, Obi-Wan Kenobi, and Luke Skywalker. A balanced mind. Inner calm. A positive influence on the world. A Jedi must embody all of these qualities in order to master the Force. But these same self-enlightenment skills can also help you to master a chaotic life in a galaxy much closer to home. The heroes of the Star Wars galaxy have faced many trials and tribulations during their adventures. Learn from their experiences--and in many cases mistakes--to discover new mindfulness techniques to deal with stressful situations. Whether it be coping with relationship struggles, managing workplace stress, or trying to save the galaxy from your overbearing father, *Star Wars: Be More Yoda* not only provides tips for mindful thinking, but will bring a moment of joy to your day. The perfect gift for Star Wars fans, *Star Wars: Be More Yoda* is an entertaining guide to mindfulness, featuring iconic moments and famous sayings from the Star Wars movies alongside light-hearted life lessons. © & TM 2018 LUCASFILM LTD. Used Under Authorization.

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.

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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