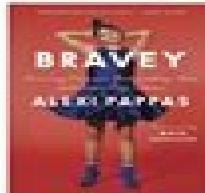




5 Olympic Memoirs That Will Inspire You to Go for the Gold

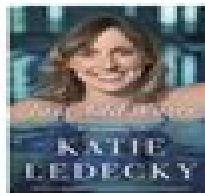
Gymnast Simone Biles and other all-stars share their Olympic moments and more in these captivating reads

With the 2024 Summer Olympic Games underway, we're all amazed by the grit and talent of the world's greatest athletes. These incredible men and women have put in countless hours of work, and along the way they've learned life lessons that are applicable to all of us. Here, you'll find tales from five of our favorite female Olympians that shine a light on the incredible years of practice and hard work as the athletes prepared for the moment their dreams would come true.



Bravey: Chasing Dreams, Befriending Pain, and Other Big Ideas by Alex Pappas

The Greek-American runner's Olympic dreams began at an early age after her life turned upside down when her mother died by suicide. In her book, Pappas chronicles her busy life as a professional runner and successful filmmaker, plus authentically shares about her battle with post-Olympic depression. With strength and grace, she inspires readers to overcome hardships and always be brave. Audiobook lovers can also opt to listen to Pappas narrate the book.



Just Add Water: My Swimming Life

by Katie Ledecky
World champion Katie Ledecky—seven-time gold medalist and winner of more individual Olympic races than any female swimmer in

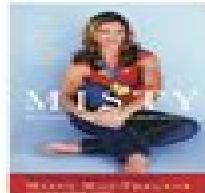
history—is opening up about her journey in her tell-all new memoir. The 27-year-old talks about everything from her childhood in Maryland to how she fell in love with swimming and how she feels about being an Olympian. Ledecky holds nothing back in this inspiring tale. (If you prefer audiobooks, you're in for a treat, as Ledecky narrates her story.)



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

by Simone Biles
with Michelle Burford

Beloved gymnast Simone Biles, 27, is ready to share her side of the story and talk about how she stayed determined to succeed no matter what obstacle came her way throughout her entire journey to become a four-time gold medalist. Follow alongside the record-setting powerhouse as she deep dives into her flips, faith, family and finding her purpose. Plus: Learn what goes on behind the scenes at the Olympics in this dazzling read, co-written by bestselling author Michelle Burford.



Misty: My Journey Through Volleyball and Life

by Misty May-Treanor
with Jill Lieber Steig
The three-time Olympic gold medal-winning beach volleyball icon became a star during

the 2008 Beijing Summer Games. Now Misty writes about all the professional and personal curve balls that came her way—from her childhood to her parents' struggles to her heartbreak after her mother's death from cancer. Revealing intimate details she's never shared publicly, she weaves an inspiring, touching story.



Age Is Just a Number: Achieve Your Dreams at Any Stage in Your Life

by Dara Torres
with Elizabeth Weil

Dara Torres opens up about how she really felt about returning to the Olympics as a 41-year-old mother in this barrier-breaking, honest memoir. She shares vulnerably about what inspired her to return to her sport and how being older than the other contestants made her that much more determined. The gold medal-winning swimmer tells all in this empowering story that will have fans cheering.

Olympic Memoirs

Yijin Wang

Olympic Memoirs:

Olympic Memoirs Pierre de Coubertin, 1979 **Memoirs**, 1912 **America's First Olympics** George R. Matthews, 2005-07-22 America in 1904 was a nation bristling with energy and confidence. Inspired by Theodore Roosevelt the nation's young spirited and athletic president a sports mania rampaged across the country. Eager to celebrate its history and to display its athletic potential the United States hosted the world at the 1904 Louisiana Purchase Exposition in St Louis. One part of the World's Fair was the nation's first Olympic games. Revived in Greece in 1896 the Olympic movement was also young and energetic. In fact the St Louis Olympics were only the third in modern times. Although the games were originally awarded to Chicago St Louis wrestled them from her rival city against the wishes of International Olympic Committee President Pierre de Coubertin. Athletes came from eleven countries and four continents to compete in state of the art facilities which included a ten thousand seat stadium with gymnasium equipment donated by sporting goods magnate Albert Spalding. The 1904 St Louis Olympics garnered only praise and all agreed that the games were a success improving both the profile of the Olympic movement and the prestige of the United States. But within a few years the games of 1904 receded in memory. They suffered a worse fate with the publication of Coubertin's memoirs in 1931. His selective recollections exaggerated claims and false statements turned the forgotten Olympics into the failed Olympics. This prejudiced account was furthered by the 1948 publication of *An Approved History of the Olympic Games* by Bill Henry which was reviewed and endorsed by Coubertin. *America's First Olympics* by George R. Matthews corrects common misconceptions that began with Coubertin's memoirs and presents a fresh view of the 1904 games which featured first time African American Olympians an eccentric and controversial marathon and documentation by pioneering photojournalist Jessie Tarbox Beals. Matthews provides an excellent overview of the St Louis Olympics over a six month period beginning with the intrigue surrounding the transfer of the games from Chicago. He also gives detailed descriptions of the major players in the Olympic movement the events that were held in 1904 and the athletes who competed in them. This original account will be welcomed by history and sports enthusiasts who are interested in a new perspective on this misunderstood event.

Globalizing Sport Barbara J. Keys, 2013-09-09 Keys offers the first major study of the political and cultural ramifications of international sports competitions in the 1930s. Focusing on the U.S., Nazi Germany and the Soviet Union she examines the transformation of events like the Olympics and the World Cup from small scale events to the expensive political global extravaganzas of today.

My Olympic Life Anita L. DeFrantz, 2019-12-03 The inspiring memoir of Anita L. DeFrantz Olympic bronze medal rower and International Olympic Committee member. *The Nordic World: Sport in Society* Henrik Meinander, 2013-11-05 This volume is a significant contribution to the study of contemporary European culture. It explores the political, social and aesthetic impact of modern sport on the Northern European Nordic communities. Its concern is the relationship between Nordic culture, Nordic nations changing Nordic attitudes to time, space and the body and the related

evolution of specific Nordic visions and traditions of sport as an integral component of cultural similarity and synthesis

Sport in Latin American Society Lamartine DaCosta, J A Mangan, 2014-04-08 This work deals with the infancy adolescence and maturity of sport in Latin American society. It explores ways in which sport illuminates cultural migration and emigration and indigenous assimilation and adaptation. Olympic Visions Mike O'Mahony, 2012-05-15 Olympic Visions is the first ever book to cover in depth all kinds of images and objects relating to the greatest sports show on earth. Inside dust jacket

Memoirs of the Life and Writings Edward Gibbon, 1898 **The A to Z of the Olympic Movement** Bill Mallon, Ian Buchanan, 2007 The Olympic Games bring together thousands of athletes competing in over 40 sports and representing over 200 nations. But that is just the surface for none of this would be possible without the constant efforts of an incredible organization consisting of tens of thousands of sports lovers united in sports associations National Olympic Committees and the International Olympic Committee. The A to Z of the Olympic Movement deals with both levels of the competition the competitive side and the administrative side. This is accomplished through a bibliography two chronologies one tracing the history of the Ancient Olympiad and the other tracing the Modern Games appendixes providing facts on the Games the officials the torchbearers and the top Olympic medal winners and hundreds of cross referenced dictionary entries on the major sports more outstanding athletes participating countries and numerous bodies in the organization as well as successive generations of officials starting with the founder Pierre de Coubertin. *Beautiful on the Outside* Adam Rippon, 2019-10-15 Former Olympic figure skater and self professed America's Sweetheart Adam Rippon shares his underdog journey from beautiful mess to outrageous success in this hilarious big hearted memoir that the Washington Post calls comedic gold. Your mom probably told you it's what on the inside that counts. Well then she was never a competitive figure skater. Olympic medalist Adam Rippon has been making it pretty for the judges even when just below the surface everything was an absolute mess. From traveling to practices on the Greyhound bus next to ex convicts to being so poor he could only afford to eat the free apples at his gym Rippon got through the toughest times with a smile on his face a glint in his eye and quip ready for anyone listening. Beautiful on the Outside looks at his journey from a homeschooled kid in Scranton Pennsylvania to a self professed American sweetheart on the world stage and all the disasters and self delusions it took to get him there. Yeah it may be what's on the inside that counts but life is so much better when it's beautiful on the outside. **The 1920 Olympic Games** Bill Mallon, 2003 Till now the results of the 1920 Olympics held in Antwerp Belgium have been far from complete. The Antwerp organizing committee published an official report actually just a typed copy of the results almost as an afterthought because it was so financially strapped after the games. For some events only the medalists are listed with little if any additional information. Very few copies were ever printed and those few copies were in French. The seventh in a series on the early Olympics this work fills a gap in the recording of early Olympics history by providing complete results for all competitors and all events except for shooting which has only partial information due to the obscurity of the results. In

virtually all cases a 1920 source has been used in preference to a more modern source of information and all details have been fully researched in contemporary newspapers journals and magazines and checked for accuracy by experts on various sports from all over the world The appendices include a schedule of events and festivities for the 1920 Olympics information on World War I and Olympians a tentative schedule of events that had been planned for the 1916 Olympic Games which never took place because of the war and information on the 1919 Inter Allied Games *Olympic Review* ,1977 The Olympic Ideal, 776 B.C. to the 21st Century ,1981 **Women at the Olympic Games** Uriel Simri,1979 *Memoirs of the Life and Writings of Edward Gibbon* Edward Gibbon,1898 The Olympics Bill Mallon,1984 Memoirs John Hookham Frere,1874 **Critical Reflections on Olympic Ideology** Robert Knight Barney,Klaus V. Meier,University of Western Ontario. Centre for Olympic Studies,1994 **Proceedings of the California Academy of Sciences** ,1917 Vol 25 is composed entirely of the Alice Eastwood semi centennial publications no 1 18 of the California Academy of Sciences

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