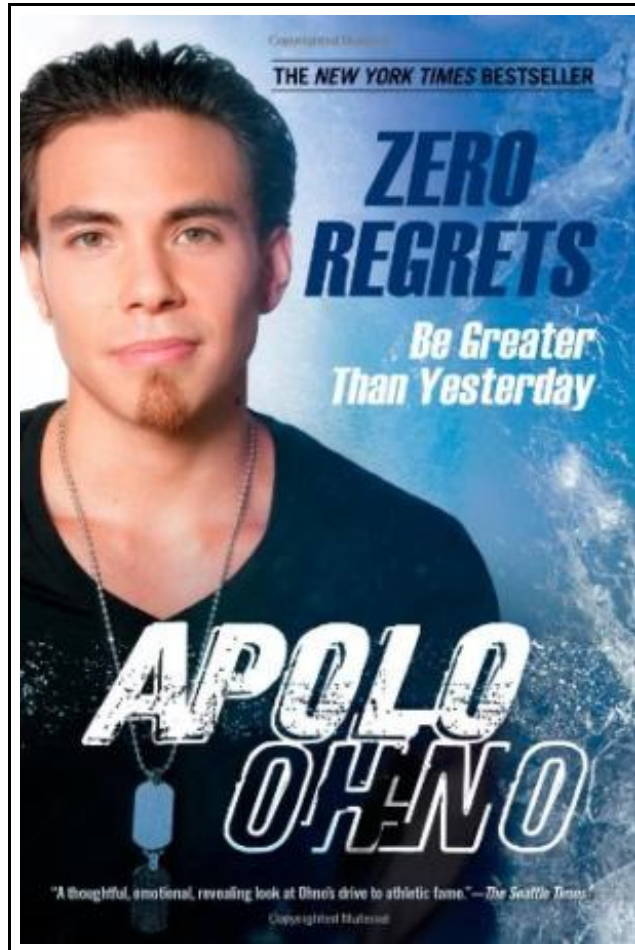


Zero Regrets: Be Greater Than Yesterday (Paperback)



Filesize: 8.62 MB

Reviews

The publication is simple in go through preferable to fully grasp. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Mrs. Josiane Collins)

ZERO REGRETS: BE GREATER THAN YESTERDAY (PAPERBACK)



To download **Zero Regrets: Be Greater Than Yesterday (Paperback)** eBook, make sure you click the button listed below and save the file or gain access to additional information which might be related to ZERO REGRETS: BE GREATER THAN YESTERDAY (PAPERBACK) book.

Atria Books, United States, 2011. Paperback. Book Condition: New. Reprint. 229 x 147 mm. Language: English . Brand New Book. Now in paperback: gold medal-winning Olympic speed skater Apolo Ohno shares the inspiring personal story behind his enduring success as an elite athlete and reveals the universal life lessons he has learned through his training and competition. Zero regrets. It s a philosophy not just about sport but about life. School, business, academics, love--anything and everything. It s complicated and yet not. You have to figure out who it is you want to be. Not what you want to be-- who. There has to be a vision, a dream, a plan. Then you chase that with everything you ve got. Over three consecutive Olympic games, Apolo Ohno has come to symbolize the very best of the competitive spirit--remaining equally gracious in victory and defeat, always striving to improve his performance, and appreciating the value of the hard work of training as much as any reward it might bring. In Zero Regrets, Apolo shares the inspiring personal story behind his remarkable success, as well as the hard-won truths and strategies he has discovered in good times and bad. Raised by his single father, an immigrant from Japan who often worked twelve-hour days, the young Apolo found it difficult to balance his enormous natural gifts as an athlete with an admittedly wild, rebellious streak. After making a name for himself as a promising young speed skater, his career was almost over before it began when his lack of preparation caused him to finish last at the U.S. Olympic trials in 1998. A life-changing week of solitary soul-searching at the age of fifteen led him to recommit himself to his training, and at the 1999 world junior championships he won first place overall--one...



[Read Zero Regrets: Be Greater Than Yesterday \(Paperback\) Online](#)



[Download PDF Zero Regrets: Be Greater Than Yesterday \(Paperback\)](#)

Related eBooks



[PDF] Four on the Shore (Paperback)

Follow the link under to download and read "Four on the Shore (Paperback)" PDF document.

[Save ePub »](#)



[PDF] The Story of Anne Frank (Paperback)

Follow the link under to download and read "The Story of Anne Frank (Paperback)" PDF document.

[Save ePub »](#)



[PDF] The Romance of a Christmas Card (Illustrated Edition) (Dodo Press) (Paperback)

Follow the link under to download and read "The Romance of a Christmas Card (Illustrated Edition) (Dodo Press) (Paperback)" PDF document.

[Save ePub »](#)



[PDF] Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

Follow the link under to download and read "Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)" PDF document.

[Save ePub »](#)



[PDF] Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures) (Paperback)

Follow the link under to download and read "Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures) (Paperback)" PDF document.

[Save ePub »](#)



[PDF] Patent Ease: How to Write You Own Patent Application (Paperback)

Follow the link under to download and read "Patent Ease: How to Write You Own Patent Application (Paperback)" PDF document.

[Save ePub »](#)