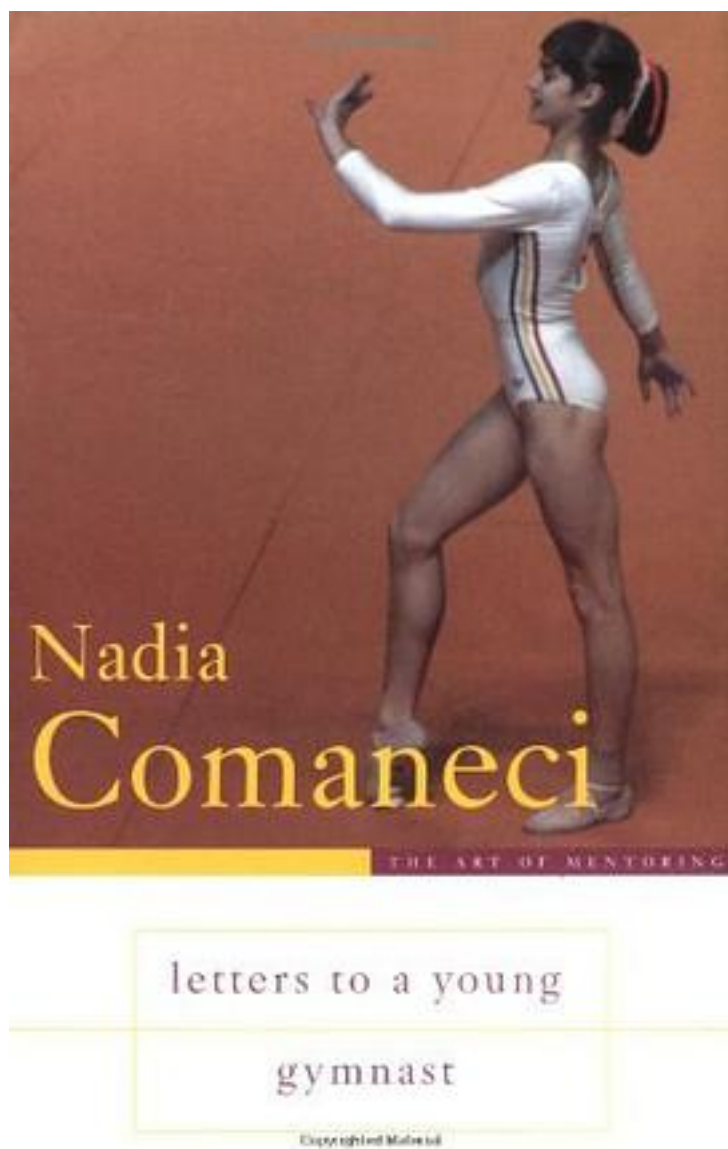


Letters to a Young Gymnast



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A unique glimpse into the remarkable life, and fascinating mindset, of the woman who broke records-and boundaries-for female athletes everywhere. 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 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.

作者介绍:

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