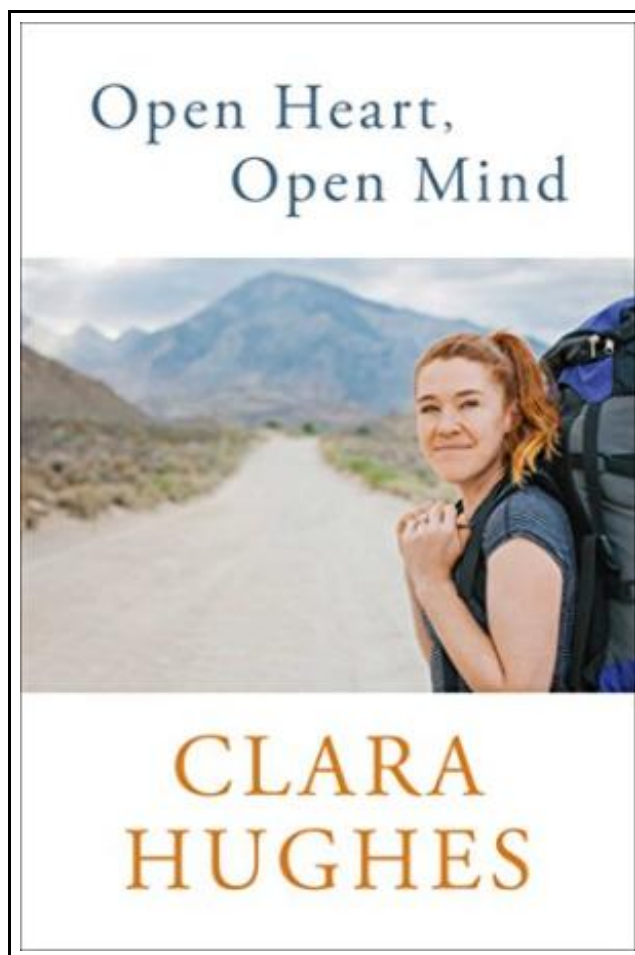


Open Heart, Open Mind (Hardback)



Filesize: 2.72 MB

Reviews

The ebook is not difficult in study preferable to understand. it was writtern quite flawlessly and beneficial. You are going to like just how the author compose this book.
(Leola Smith)

OPEN HEART, OPEN MIND (HARDBACK)



Touchstone Books, United States, 2015. Hardback. Book Condition: New. Canadian Origin.. 231 x 150 mm. Language: English . Brand New Book. From one of Canada s most decorated Olympians comes a raw but life-affirming story of one woman s struggle with depression. In a world where winning meant everything, her biggest competitor was herself. In 2006, when Clara Hughes stepped onto the Olympic podium in Torino, Italy, she became the first and only athlete ever to win multiple medals in both Summer and Winter Games. Four years later, she was proud to carry the Canadian flag at the head of the Canadian team as they participated in the opening ceremony of the Vancouver Olympic Winter Games. But there s another story behind her celebrated career as an athlete, behind her signature billboard smile. While most professional athletes devote their entire lives to training, Clara spent her teenage years using drugs and drinking to escape the stifling home life her alcoholic father had created in Elmwood, Winnipeg. She was headed nowhere fast when, at sixteen, she watched transfixed in her living room as gold medal speed skater Gaetan Boucher effortlessly raced in the 1988 Calgary Olympics. Dreaming of one day competing herself, Clara channeled her anger, frustration and raw ambition into the endurance sports of speed skating and cycling. By 2010, she had become a six-time Olympic medalist. But after more than a decade in the gruelling world of professional sports that stripped away her confidence and bruised her body, Clara began to realize that her physical extremes, her emotional setbacks, and her partying habits were masking a severe depression. After winning bronze in the last speed skating race of her career, she decided to retire from that sport, determined to repair herself. She has emerged as one of our most...



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Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231 x 178 mm. Language: English . Brand New Book. Oh sure, we ll all heard the story of Moses and the...

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Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.BONUS - Includes FREE Dog Farts Audiobook Inside! That s right.For a limited...

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Mark Smith (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A #1 Best Selling Children s Book...

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**Penelope s Irish Experiences (Dodo Press) (Paperback)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author

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Harlequin, United States, 2016. Paperback. Book Condition: New. Not for Online.. 168 x 104 mm. Language: English . Brand New Book. THE NIGHT THEY MADE A BABY Mia Palinski had never even considered herself the

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U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.This lively, colorful guidebook provides everything you need to know

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