

It's Not About Perfect: Competing for My Country and Fighting for My Life By Shannon Miller This remarkable lady worked harder than I have ever done and consistently from the age of about 5! Reading how she as an Olympic gold medalist was diagnosed with an aggressive cancer so young was really sad. Maybe when she retires from her brand we'll get a real tell all from Shannon! It's Not About Perfect: Competing for My Country and Fighting for My Life I remember following Shannon as a kid since she was one of my all time idols. I got a bit teary eyed re living their pursuit of team gold in 96' and learning about her life after gymnastics too trying to discover who she was as a person beyond the sport. I love the theme of the book as she continues to realize that life is not about being perfect but striving to be the best you can be pulling yourself back up and pushing through when things don't go as planned. I think it's safe to say I'm even bigger fan after reading! It's Not About Perfect: Competing for My Country and Fighting for My Life Brilliant book for every ex gymnast who deemed Shannon Miller their Hero. She begins by discussing her childhood and start in the sport highlighting the countless hours she spent in the gym on the way to becoming one of the most talented gymnasts of all time. she also discusses her life outside the gym detailing her frustrations about retiring from her sport after the 96 Olympics only to make a comeback in time to attend the 2000 Olympic trials failing to make the team a third time. It's Not About Perfect: Competing for My Country and Fighting for My Life



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Only ever having watched gymnastics myself I had no idea what becoming any kind of a champion involved: How she drew on the strength and experience she earned as a competing gymnast and used that in her fight for life was truly inspiring. And not only in that but in every area of life if you need a kick start to get on with something read this book, It may just be the motivation you need as it was for me. It's Not About Perfect: Competing for My Country and Fighting for My Life Great book! Shannon is inspirational and upbeat and she has been a hero of mine since 1992, The book is full of exciting stories of struggle and triumph peppered with life lessons. Did you ever wonder how she got to be so great under pressure? She explains it all even her secret to sticking landings and staying on the beam. And the idea that you can tackle obstacles in your life by drawing from previous hardships you have overcome is a powerful one, I would have liked juicy gossip like the darker side of elite gymnastics and her personal life but I understand why she would want to leave that out, I thoroughly enjoyed this book because it walked me through her gymnastic experiences in depth from her younger years all the way beyond college: While I'd always been a big fan it was amazing to truly get a sense of how wise and determined she was as a young kid demonstrating why she was so successful: It was amazing and inspirational to learn about how she overcame ovarian cancer shortly before becoming pregnant with her miracle daughter. I also enjoyed reading about how she started her business to inspire wellness for women and children as well as her experiences becoming a mother. This book is a must read for any gymnastics fans young or old as well as people looking for a great story about perseverance: Wonderful insight into her life as a gymnast and life after gymnastics. It's Not About Perfect: Competing for My Country and Fighting for My Life This is a great book. Shannon Miller as yet the most decorated American gymnast in history tells of her life:

It's a long journey that includes injury disappointment and triumph culminating in the capture of nine world championships and seven Olympic medals. She was a member of the first Olympic women's gymnastics team to take gold for America at the 1996 Olympics where she also took gold at the balance beam. She tells about the struggles and joys of competition and the coaches that helped her along the way. She also tells of two marriages the second one giving her joy and two children. SO worth a read. I loved all the gymnastics details she gave. In 1992 she captured five medals at the Barcelona Olympics. Lastly She describes her fight with cancer. It's an inspirational story of perseverance and self discovery