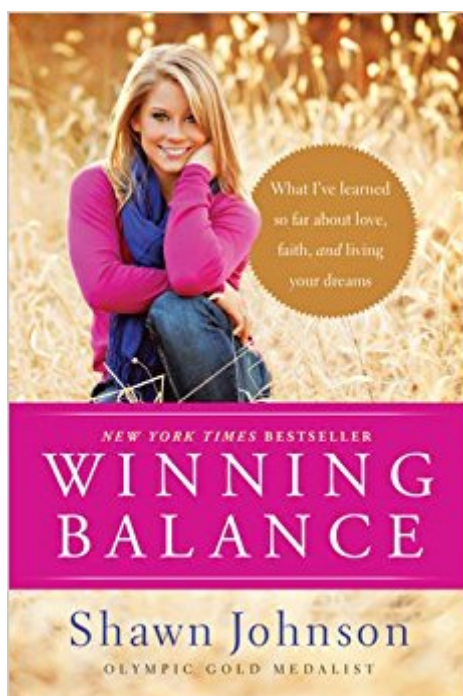


The book was found

Winning Balance: What I've Learned So Far About Love, Faith, And Living Your Dreams



Synopsis

At age 20, American gymnast Shawn Johnson is a four-time Olympic gold and silver medalist; a national- and world-champion athlete. Already a popular role model to all ages, in 2009 she captured the national spotlight again when she won the widely popular *Dancing with the Stars*. Yet Shawn is no stranger to hard work and adversity. Her loss of the major gymnastics prize everyone expected her to win in Beijing, the all-around Olympic gold medal, was the loss of a dream she'd worked for since childhood. And later, she suffered a staggering injury in a skiing accident that forced her life to a halt and made her rethink what was really important. She wasn't sure who she was anymore. She wasn't sure what her goals were. And she wasn't sure she was satisfied with where she was with her faith and God. Could she find the right kind of success in life—the kind that doesn't involve medals or trophies, but peace, love, and lasting joy? This is the amazing true journey of how the young woman who won an Olympic gold medal on the balance beam became even more balanced.

Book Information

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Customer Reviews

"Four-time Olympic gold and silver medalist Shawn Johnson narrates her memoir with charm, vigor, and youthful eloquence. She sincerely portrays her belief that everything happens for a reason and all things happen for the good when you walk by faith. In a soft, mellow voice she characterizes herself as part "nerd, tomboy, and girlie girl." Her tone changes to one of thoughtful conviction when she describes her purpose in writing: to reflect on lessons learned. Specific examples include the disappointment of losing the gold medal in Beijing, the drama of a potentially career-ending ski

injury, and the excitement of her surprise flirtation with Hollywood stardom when she won
"Dancing with the Stars" in 2009. A section called "Lessons I've Learned" ends each
chapter. Johnson's story and narration engage and inspire." G.D.W. © AudioFile Portland,
Maine --This text refers to the Audio CD edition.

What the World Is Saying about Shawn Johnson"Perhaps the best gymnast in the world--a
compact, powerful package who is just as at home on the beam and bars as she is in the vault and
floor events. . . . Shawn Johnson has an easy smile and confidence and rarely betrays the
nervousness she says she feels at every competition."--"Time" magazine"She packs the power of
someone twice her size yet somehow manages to still look dainty. She tumbles without fear,
whether it's on the floor or up on the balance beam, and makes the toughest tricks look easy. She's
the type of gymnast one can't help but watch."--ESPN.com"A powerful tumbler and nerveless
competitor . . . Johnson smiles and bubbles while competing-- a 4' 9" firecracker."--"Sports
Illustrated""Not only an extraordinary athlete, but also something altogether more profound and
worthy of celebration: an uncommon human being . . . a young woman whose gifts stretch well
beyond sports."--"The Christian Science Monitor" --This text refers to the Audio CD edition.

When I think of Shawn I think of a great athlete with a bubbly personality and a big smile. As a
gymnastics fan I would've liked to read more on her dealings with other athletes, coaches, us
gymnastic staff, travels, etc. I realize she was still competing while she worked on this book so
maybe that played a factor. She did share some stories of her adventure in Beijing and they were
fun tales. I did find the 2nd half of the book (post Olympics) surprising and honest, a lot of highs and
lows for a young woman. Although I think she is probably 15-20 years too young to write a memoir
on life lessons this is a decent book for a 20 year old athlete and is a fairly entertaining read.

I really wanted this to be good - and Johnson is such an attractive and appealing woman. This book
doesn't talk about her childhood and her early life in gymnastics at all. It's a boring, rote account of
her activities, peppered with way too many inspirational quotes and stuff about Jesus. An editorial
would have helped. Just a boring, meaningless book.

Shawn's story is an inspiring journey for anyone. Very few realize how hard girls train to become an
Olympic gymnast, and how coveted those spots on the team really are. The highlight for me is
reading about the aftermath of being an Olympic medalist and figuring out what to do next... and

these girls are so young to be faced with such big life choices. I mean, how many of us fulfill our life's dream by the age of 16 and are faced with what to do next? Shawn has made the transition beautifully and has embraced the Lord and her family and friends to lift her during the tough times. We can all learn something special from this spunky yet eloquent young lady who won our hearts in Beijing with her performance, and her sportsmanship... Truly a Golden Flower!

I have always been a huge fan of Shawn Johnson even before all her fame from the Olympics. I follow gymnastics pretty heavily since I am a former gymnast/diver and she has always been one of my favorite gymnasts to watch. When I heard she had an autobiography about her coming out I had to get it. This book did not disappoint, it was interesting to hear about what she thought about the Olympics and post Olympics and training and just really about her life outside of gymnastics. I recommend to anyone who likes Shawn Johnson and wants to know more about her rather than just her Olympic gymnastics career. It also sends a lot of positive vibes for people to overcome difficulties in their lives.

I love this book, finished reading it within a day ! I can't believe how a 17 year old girl (then) could write such an honest and entertaining book. I enjoyed reading every page of it. Especially the parts where she described her 2008 Olympic experience were so unique and intriguing . I have never seen an athlete describe Olympics and her own mental preparation during this event so genuinely before. Despite being much older than her, her book and personality really inspired me. Definitely a much more honest book than the one of Nastia Liukin.

I loved that different times in her life she stepped back and reevaluated and turned to her coach, parents and God for strength and guidance. It did seem a little like she was saying that she deserved gold which was disappointing but she reflected from the experience and grew from it. She really needs to write a follow up book about her life now.PS- you have to check out her You Tube channel; it's the best!

Great story about an amazing young woman and her journey before and after being an Olympic Champion. She is a very inspirational person to read about, and if you have a young girl in your life that may need someone to look up to you've definitely found your book. This story really teaches you to go for your dreams but also how to be a kind, generous, and godly young woman along the way.

Because my daughter is a competitive gymnast, I knew this was a book we'd have to own as soon as I discovered it. Our family remembers well rooting for Shawn in the 2008 gymnastics. Watching her smile and intensity. The way she sparkled as she competed. When I handed my daughter this book, I was curious whether it would resonate with her or be one she started and then put down. The pages flipped pretty fast as she learned more about Shawn and her journey. The book pairs her journey with her spiritual journey. It's told in a way that perfectly targets teens. The style is conversational taking you behind the scenes in the events in her life. Each chapter also ends with a Lesson I've Learned: a nugget of truth that applies to all of us. This is a sports memoir with spiritual applications. A worthwhile read, and one I look forward to reading with my daughter next time.

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Dreams: Find Out All About Your Dreams For Greater Happiness And Success: Dreams & 9 Free Books (Dreaming, Dreams, Interpreting Dreams, Dream Meanings) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Dreams: Interpreting Your Dreams and How to Dream Your Desires- Lucid Dreaming, Visions and Dream Interpretation (Dreams, Lucid dreaming, Visions,) Dreams: Learn How To Interpret Your Dreams And Discover The Magic And Beauty Behind Them (Dream Interpretation - The Secrets Behind Your Dreams- Sleep Psychology) Blackjack Strategy: Winning at Blackjack: Tips and Strategies for Winning and Dominating at the Casino (Blackjack, Counting Cards, Blackjack Winning, Good at Blackjack, Black Jack, Card Counting) Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science Winning Lacrosse for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback)) Winning Softball for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback)) Winning Basketball for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback)) Stop Living Your Job, Start Living Your Life: 85 Simple Strategies to Achieve Work/Life Balance Faith, Hope and Healing: Inspiring Lessons Learned from People Living with Cancer Everything I Learned in Life I Learned in Long Term Care Your Flight is Out-of-Balance, Captain!: The Role of Effective Communication in Today's Aircraft Weight & Balance Planning Russia and the Western Far Right: Tango Noir (Routledge Studies in Fascism and the Far Right) Star Wars: 1,000 Collectibles: Memorabilia and Stories from a Galaxy Far, Far Away FAR/AIM 2018: Federal Aviation Regulations / Aeronautical Information Manual (FAR/AIM series) FAR/AIM 2017: Federal Aviation Regulations / Aeronautical

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