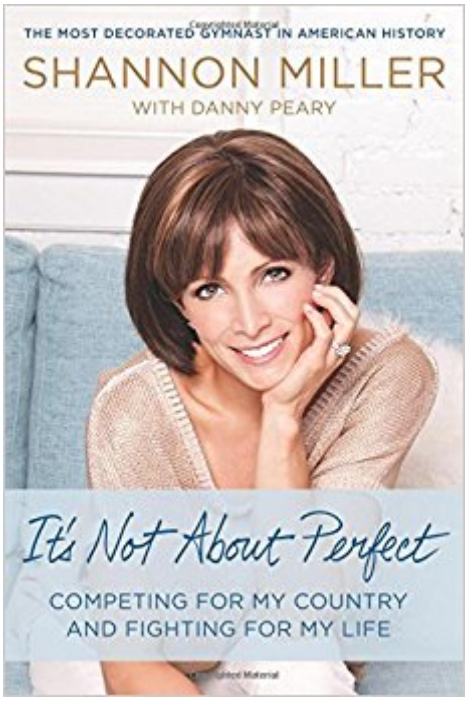
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It's Not About Perfect: Competing For My Country And Fighting For My Life



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Synopsis

"When the odds were against me, I was always at my best."When she retired at age 19, Shannon Miller did so as one of the most recognizable gymnasts in the country. The winner of seven Olympic medals and the most decorated gymnast, male or female, in U.S. history, Shannon tells a story of surviving and thriving. A shy, rambunctious girl raised in Oklahoma, Shannon fell in love with gymnastics at a young age and fought her way to the top.In 1992 she won five Olympic medals after breaking her elbow in a training accident just months prior to the Games. Then, in 1996, a doctor advised her to retire immediately or face dire consequences if she chose to compete on her injured wrist. Undeterred, Shannon endured the pain and led her team, the "Magnificent Seven," to the first Olympic team gold medal for the United States in gymnastics. She followed up as the first American to win gold on the balance beam.Equally intense, heroic and gratifying is the story of her brutal but successful battle with ovarian cancer, a disease from which fewer than fifty percent survive. Relying on her faith and hard-learned perseverance, Shannon battled through surgery and major chemotherapy to emerge on the other side with a miracle baby girl.Her story of trial, triumph and life after cancer reminds us all that its life’s bumps and bruises that reveal our character. From early on in her career, Shannon knew that life wasn’t about perfection. In this incredible and inspirational tale, Shannon speaks out so as to be seen and heard by thousands as a beacon of hope.

Book Information

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Customer Reviews

Ã¢â ¬Å“Miller shares the life lessons that brought Olympic success and gave her the courage to battle ovarian cancer in 2011: goal setting, putting in the work, learning from mistakes, thinking

positive, accepting help from others, and never giving up. Sports enthusiasts will applaud this in-depth account of Miller’s life; others will be drawn to the inspiring story of a strong and gracious athlete and women’s health advocate.Ã¢â ¬Â• Ã¢â ¬â ¢Publishers WeeklyÃ¢â ¬Å“Olympic gold-medal-winning gymnast Miller inspires others with her work ethic... With the help of coauthor Peary, a sports writer and film critic, Miller shows what it takes to be a best-in-the world athlete. She quotes Nelson Mandela, ’Don’t judge me by my successes but rather how many times I fell and got back up again.’ Words for everyone to live by.Ã¢â ¬Â• Ã¢â ¬â ¢BooklistÃ¢â ¬Å“Shannon Miller has displayed strength, character, and perseverance her entire life. These traits turned her into an Olympic Champion and then helped her beat cancer. In It’s Not About Perfect she shares how the traits that have shaped her life can translate into success in all walks of life.Ã¢â ¬Â• Ã¢â ¬â ¢Dan Jansen, Olympic Gold Medalist Speed SkaterÃ¢â ¬Å“Shannon Miller is a champion both on and off the mat. She is not only one of the greatest gymnasts in the history of the sport, she is a great person. Her courage to win as a gymnast shines through just as it did in her battle against cancer. Through and through Shannon is not only a winner but a friend as well.Ã¢â ¬Â• Ã¢â ¬â ¢Mary Lou Retton, Women’s All-Around Olympic ChampionÃ¢â ¬Å“I have had the pleasure and privilege of knowing Shannon Miller as an Olympic teammate and a fellow mom. Shannon’s strength and perseverance to conquer any mountain in life are something to be admired.Ã¢â ¬Â• Ã¢â ¬â ¢Summer Sanders, Two-time Olympic gold medalist swimmerÃ¢â ¬Å“Shannon Miller’s strength and perseverance in both her sport and cancer battle is something to be admired as it can be applied to conquering any mountain in life.Ã¢â ¬Â• Ã¢â ¬â ¢Bonnie Blair, Olympic Speed Skater

Shannon Miller remains the most decorated gymnast in American history. She received her law degree from Boston College. Shannon is the founder and president of Shannon Miller Lifestyle, a company dedicated to empowering women to make their health a priority. Shannon lives in Florida with her husband, son Rocco and newest addition, their miracle baby girl Sterling.Danny Peary is an American film critic and sports writer. He has written and edited twenty-two books. He lives in New York City.

I remember following Shannon as a kid since she was one of my all-time idols. 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. 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. 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. I think it's safe to say I'm even bigger fan after reading!

This is a great book. Shannon Miller, as yet the most decorated American gymnast in history, tells of her life. 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. It's a long journey that includes injury, disappointment, and triumph, culminating in the capture of nine world championship and seven Olympic medals. She was a member of the frist Olympic women's gymnastics team to take gold for America at the 1996 Olympics, where she also took gold at the balance beam. In 1992, she captured five medals at the Barcelona Olympics. She tells about the struggles and joys of competition, and the coaches that helped her along the way. 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. She also tells of two marriages, the second one giving her joy and two children. Lastly, She describes her fight with cancer. It's an inspirational story of perseverance and self-discovery.

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. I loved all the gymnastics details she gave. 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 more juicy gossip, like the darker side of elite gymnastics and her personal life, but I understand why she would want to leave that out. Maybe when she retires from her brand we'll get a real tell-all from Shannon!

Loved her story! Shannon has triumphed through lots of difficult times, and she is a strong person.

I listen to audio books while on the road, and this one kept me awake with it's interesting story. A large part was spent during the Olympic years which I found very cool. To hear what happens to an Olympian after the athletic career was also good.

This makes a great biography. She goes through the training in gymnastics. She mentions being outside and hearing the blast when the Oklahoma Federal building was bombed. She also mentions what was going through her mind during the 1992 and 1996. Last but not least her battle with cancer.

Always loved Shannon and enjoyed watching her compete. Well written, easy read. Not a downer like Dominque Morescu's book was. Loved it!

I haven't finished reading this book yet but our daughter has ovarian cancer and I will give it to her to read if I think it will help in her journey through this devastating disease. Carol B

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