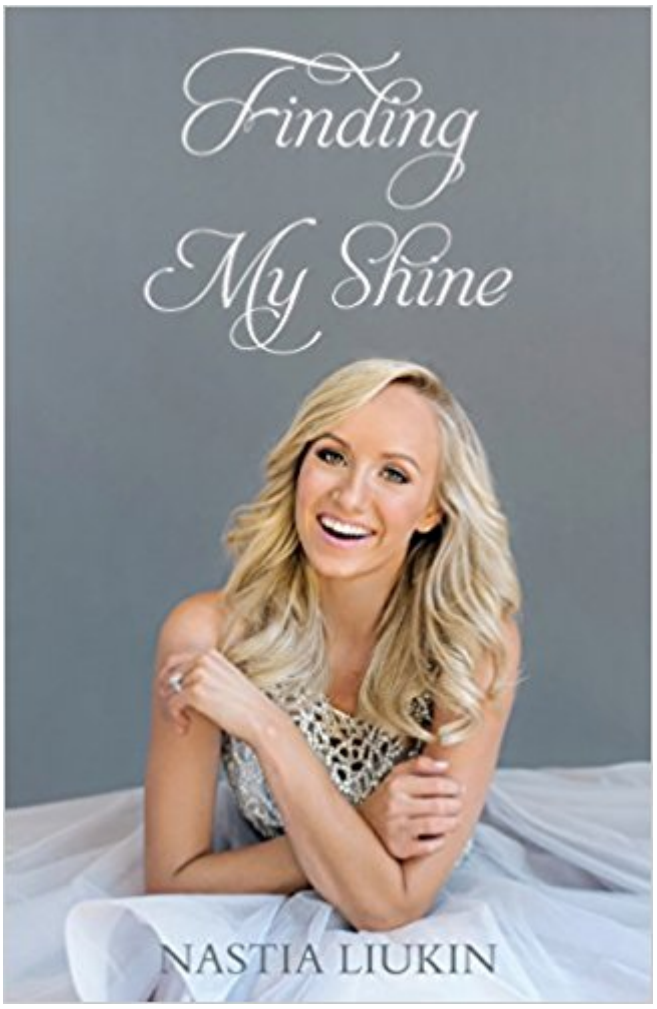
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Finding My Shine



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Synopsis

Nastia Liukin is an Olympic gymnastics all-around gold medalist, but the road to her success was not an easy one. In Finding My Shine, she shares not only her personal journey of success, but also her biggest challenges, including her career ending fall during the 2012 Olympic Trials that she now says was the defining moment of her life. Throughout this book, she delivers her motivational tips toward reaching any goal, overcoming obstacles, and learning how to pick yourself up after the inevitable falls you will have in life. NastiaÃ¢â ¬â„¢s story is a true American dream. Born in Moscow, Russia, her parents were both champion gymnasts in their native country. The Liukins moved to the United States when Nastia was two and a half, because they wanted to give their daughter every opportunity possible. Even then, Nastia was certain she wanted to be a gymnast, and spent every hour she could in training. That dedication paid off. Nastia became a key member of the US team, winning five Olympic medals. She also won nine world championship medals (four gold and five silver) making her one of the most celebrated gymnasts in US history. Nastia was in the spotlight again in 2015 when she became a competitor on Dancing with the Stars, partnered with Derek Hough. She now speaks to girls and young women across the country in the hopes of motivating them to turn their own dreams into reality. Finding My Shine is a moving story of a remarkable young woman who won Olympic gold, but whose passion truly lies in inspiring others.

Book Information

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Customer Reviews

I've followed Nastia Liukin's career since she was on the Junior National Team, so I was interested to read her memoir. I enjoyed reading about her parents coming to the United States when she was

young and their humble beginnings. The amount of respect she has for her parents is refreshing and admirable. She gives a lot of good advice for young people, as well as adults. Motivation. dedication and hard work in whatever you choose is a recurring theme and something she understands well.I wish Nastia nothing but the best in the future and recommend her book!

I love Nastia Liukin so much. This book is a true inspiration for sure. Her writing style is straight forward and direct without a lot of personal details in her stories. I would have loved to read a more "personal" story, but what she wrote was still so beautifully done, I simply have to thank her for her words. She is one of the most driven, dedicated athletes and I learned so much from her and I am 32 years old! From goal setting to believing in yourself, to staying disciplined, she helped me help myself and my own personal shine. I recommend for all ages.

I've followed her career since saw her compete as a tiny junior. Loved hearing especially her story about her childhood and the difficulties her parents experienced as well. It's a peek behind the curtain of what it takes to be an elite level gymnast. Great inspiring message from a great role model!

Love this book! While she uses gymnastics as examples this book isn't about gymnastics! It's a great read for all young women trying to figure out who they are and what they want out of life.

A well written book about Nastia's life experiences and inspiring for anyone who reads it

Great book with a good deal of insight and recommendations

It's an awesome book. Highly recommend it. A must read.

Love it

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