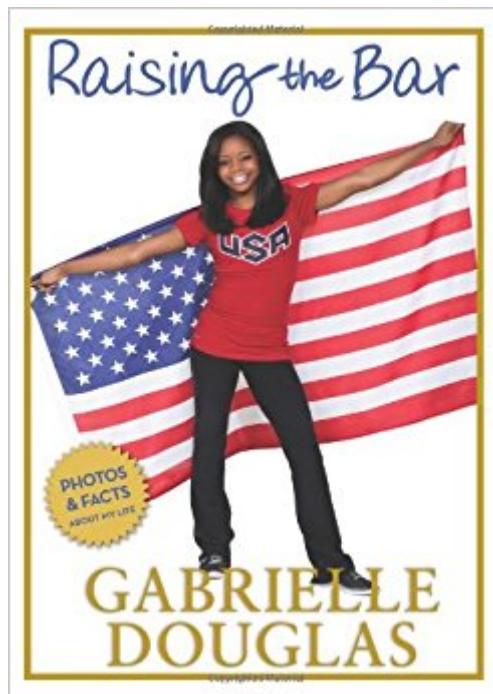


The book was found

# Raising The Bar



## Synopsis

After competing in the 2012 London Olympics and winning two gold medals, Gabrielle Douglas' life changed forever but in many important ways, it stayed the same. Inside these pages, Gabrielle shares an inside look at her day-to-day world, from the things that are still important to her — time with her friends and family, her favorite comfort foods, and her training routine — as well as what it's like to suddenly walk the red carpet and interviewed by various people. Along the way, Gabrielle also offers tips on how you can raise the bar on your life and accomplish your dreams. Through candid photos taken by Gabrielle to exclusive images taken behind the scenes, experience what it's like to be an Olympic Champion and a normal teenage girl balancing a life in the spotlight with a life in the gym.

## Book Information

Hardcover: 144 pages

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Average Customer Review: 4.8 out of 5 stars 45 customer reviews

Best Sellers Rank: #194,762 in Books (See Top 100 in Books) #15 in Books > Children's Books > Sports & Outdoors > Gymnastics #17 in Books > Children's Books > Sports & Outdoors > Olympics #58 in Books > Children's Books > Biographies > Religious

Age Range: 8 and up

Grade Level: 4 - 7

## Customer Reviews

Gabrielle Douglas is a two-time Olympic gold medalist. At the 2012 Summer Olympics, she made history, becoming the first US gymnast to take home a team and an individual gold medal in the same Olympics. Gabrielle began her training at age six, and became the Virginia State Champion only two years later. When she was fourteen, she left her family in Virginia Beach to train with coach Liang Chow in Des Moines, Iowa. Under Chow's guidance, and with tremendous faith in God's plan for her, Gabrielle competed in the Olympic Trials and walked away with the only guaranteed spot on the team. Since her Olympic triumph, Gabrielle has used her platform to

inspire millions with a powerful message: With hard work and persistence, any dream is possible.

Visit her online at [www.gabrielledouglas.com](http://www.gabrielledouglas.com)

I would recommend the book to anyone who is a gymnastics fan and a Gabrielle Douglas fan. I loved all of the pictures. It's a beautiful book and definitely worth the money. Michelle Burford is an exceptional author who works with her client to produce a wonderful book.

My 8 year old gymnast is loving this book! She loves that it reads almost like a yearbook since it is full of pictures and short chapters. Gabby Douglas is a great role model for younger gymnasts to look up to. I believe it is motivating my daughter to work harder and not give up when she can't quite get something. It has been inspirational for her and she is enjoying updating us on Gabby's life and journey to the Olympics. It is written well for aspiring young girls. Thank you, Gabby!!

Got it for my Level 5 7th grader female gymnast.

Lovely book, perfect for my 11 year old.

I purchased several of these books(3) to give as Christmas gifts for my nieces. I read it for myself and truly enjoyed it. I shared it with Jada, my granddaughter. She also enjoyed it.

9 year old gymnast daughter read this book and loved it. great gift for a gymnast

My daughter who is 6 loved the book and has read it a few times now.

I gave this book to my nine-year old niece who is a very dedicated gymnast and she walks around with the book all the time. It is a very inspiring book for her. I haven't read it, but she loves it.

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