



Chalked Up: My Life in Gymnastics

Jennifer Sey

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Chalked Up: My Life in Gymnastics Jennifer Sey

Fanciful dreams of gold-medal glory led Jennifer Sey to the local gymnastics club in 1976. A natural aptitude and a willingness to endure punishing hard work took her to the elite ranks by the time she was eleven years old. Jennifer traveled the country and the world competing for the U.S. National team, but the higher she set her sights—the world championships, the 1988 Olympics—the more she began to ignore her physical and mental well-being. Jennifer suffered devastating injuries, developed an eating disorder, and lived far from family and friends, all for the sake of winning. When her parents and coaches lost sight of her best interests, Jennifer had no choice but to redefine her path into adulthood. She had to save herself.

Chalked Up delivers an unforgettable coming-of-age story that will resonate with anyone who has ever felt not good enough and has finally come to accept who they were meant to be.

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Edward Christensen:

Spent a free time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their own friends. Usually they undertaking activity like watching television, about to beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Might be reading a book could be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to try out look for book, may be the book untitled Chalked Up: My Life in Gymnastics can be great book to read. May be it can be best activity to you.

Jessica Garcia:

The book Chalked Up: My Life in Gymnastics has a lot of information on it. So when you make sure to read this book you can get a lot of benefit. The book was written by the very famous author. Tom makes some research just before write this book. This kind of book very easy to read you may get the point easily after looking over this book.

Cora Spillane:

Precisely why? Because this Chalked Up: My Life in Gymnastics is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will jolt you with the secret it inside. Reading this book adjacent to it was fantastic author who write the book in such wonderful way makes the content within easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you for not hesitating having this nowadays or you going to regret it. This phenomenal book will give you a lot of advantages than the other book include such as help improving your proficiency and your critical thinking method. So , still want to hold up having that book? If I have been you I will go to the guide store hurriedly.

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