

PDF | Courage to Soar: A Body in
Motion, A Life in Balance

by Simone Biles



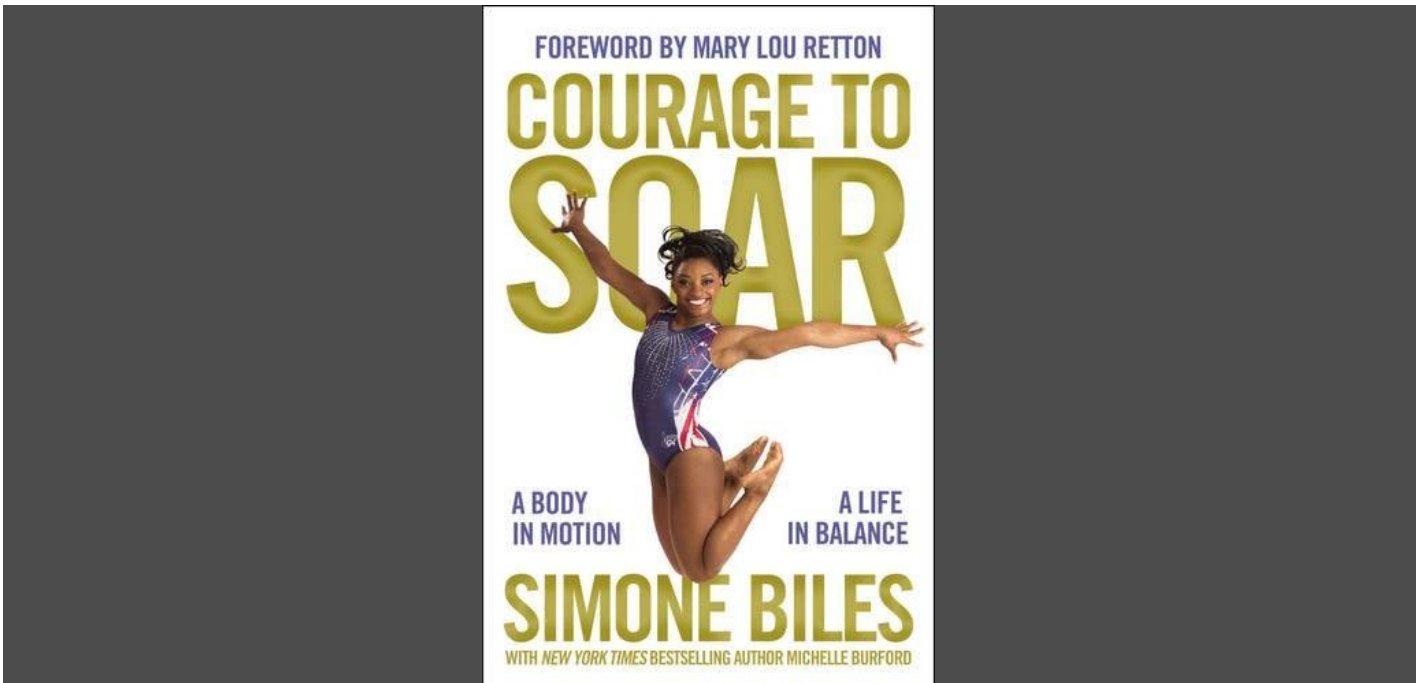
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COURAGE TO SOAR

A BODY IN MOTION A LIFE IN BALANCE

SIMONE BILES

WITH NEW YORK TIMES BESTSELLING AUTHOR MICHELLE BURFORD

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Simone Biles' entrance into the world of gymnastics may have started on a daycare field trip in her hometown of Spring, Texas, but her God-given talent, passion, and perseverance have made her one of the top gymnasts in the world, as well as a four-time winner of Olympic gold in Rio de Janeiro.

But there is more to Simone than the nineteen medals—fourteen of them gold—and the Olympic successes. Through years of hard work and determination, she has relied on her faith and family to stay focused and positive, while having fun competing at the highest level and doing what she loves. Here, in her own words, Simone takes you through the events, challenges, and trials that carried her from an early childhood in foster care to a coveted spot on the 2016 Olympic team.

Along the way, Simone shares the details of her inspiring personal story—one filled with the kinds of daily acts of courage that led her, and can lead you, to even the most unlikely of dreams.



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