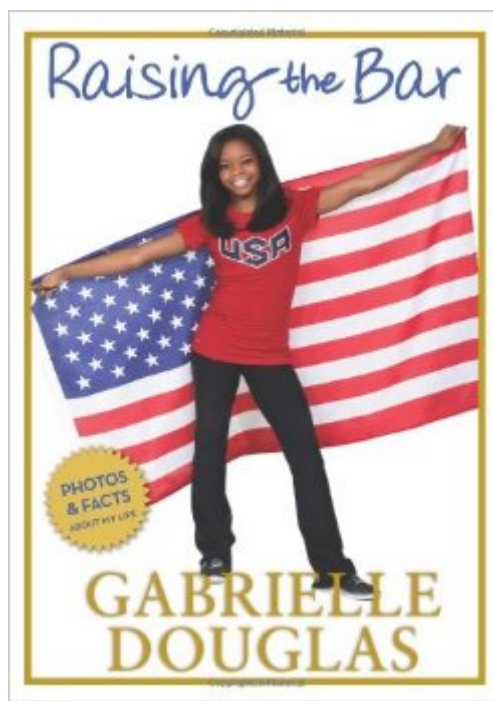


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# Raising The Bar



## Synopsis

After competing in the 2012 London Olympics and winning two gold medals, Gabrielle Douglas's life changed forever â | 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 herâ "time with her friends and family, her favorite comfort foods, and her training routineâ "as well as whatâ "s itâ "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 itâ "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

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## Customer Reviews

About the Book:After competing in the 2012 London Olympics and winning two gold medals, Gabrielle Douglas's 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's 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. About the Author: 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 [...]

**My Review:** Gabrielle Douglas has taken the United States by storm when she as a two-time Olympic Gold Medalist.

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