



Not About the Medal

Leah Pells

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Many children dream of competing in the Olympics. Few make it. Even fewer win a medal. Is that the only reward? In a world where winning and endorsement deals take centre stage, three-time Olympian Leah Pells reminds readers of the power of sport and the Olympic dream itself. For some athletes, it's simply not about the medal. After just missing a bronze by a half-second in the 1996 Summer Olympics in Atlanta, Leah was thrilled, not disappointed. For her, the Olympic dream symbolized more than a ranking but a triumph over a tumultuous upbringing in a single-parent home of an alcoholic. From Olympic highs to personal lows, Leah speaks bravely about a widespread disease while delivering a message of hope. Turning hardship into inspiration, she also shows readers how to lead a life of Olympic proportions no matter what your beginnings. She is a true champion medal or not.

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