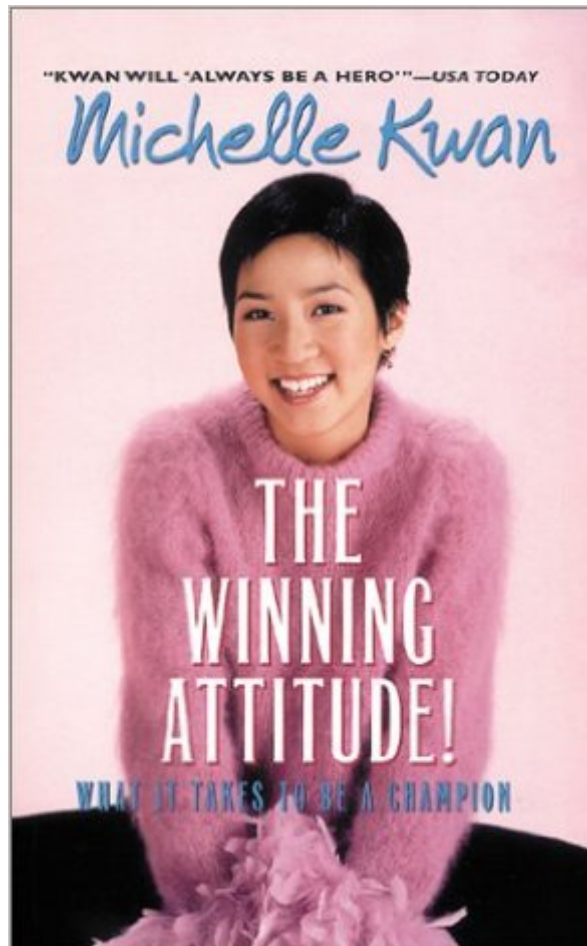


The book was found

# The Winning Attitude: What It Takes To Be A Champion



## Synopsis

Michelle Kwan is a true champion. She has over twenty titles and has become an icon of women's figure skating. But getting to the top has not been easy. Michelle has had to work hard, make sacrifices and deal with countless obstacles. Here Michelle helps readers to see their own potential - and how to become a champion in their own lives. Reading about Michelle's experiences will inspire readers and allow them to peek inside the interior world of a champion skater. Quizzes at the end of each chapter will help readers to evaluate themselves so that soon they too can be on the road to making their dreams come true.

## Book Information

Lexile Measure: 760L (What's this?)

Paperback: 144 pages

Publisher: Disney-Hyperion (March 12, 2001)

Language: English

ISBN-10: 0786815612

ISBN-13: 978-0786815616

Product Dimensions: 5 x 0.5 x 8 inches

Shipping Weight: 2.6 pounds

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (12 customer reviews)

Best Sellers Rank: #1,092,210 in Books (See Top 100 in Books) #117 in [Books > Children's Books > Sports & Outdoors > Winter Sports](#) #167 in [Books > Children's Books > Sports & Outdoors > Winter Sports](#) #587 in [Books > Children's Books > Biographies > Sports & Recreation](#)

Age Range: 8 - 12 years

Grade Level: 3 - 7

## Customer Reviews

I thought this book was very inciteful, and very useful too! 'The Winning Attitude' gives useful hints and tips that apply to just about everything in life; whether it's competing in sport, striving to get straight A's, or just trying to be a better friend. Michelle certainly has made an impact on my life - yet again, and I recommend it to everyone. Whether you're 10, or 100, a little girl or a teen ready to take on the world, this book is for you!

Being a competitive skater myself, it's sometimes hard, especially on bad days, to keep perspective and to keep going. Michelle's book is GREAT! It really helps you to focus and get back on track --

and stay there! For anyone who works hard at anything they love to do, at age 5 or 105!

Ages 10 and older will appreciate these tips from figure skating champion Kwan, who tells of her struggles in her career. Her advice to readers on how to become successful and overcome obstacles imparts the basics of what it takes to become a champion in any endeavor.

Michelle Kwan has always been one of my idols through out my skating career. This book really made me see that I can accomplish my dreams as long as I work hard. Anything can happen if you just believe in yourself. The best parts of this book were the quizzes at the end of each chapter. They really teach you something about who you are. This book is a must read! I haven't met one person who has said the loved it!

Michelle takes us through how she was inspired to become an olympic athlete. The first part of the book is about 10 attributes we need to pursue our dreams, as well as how to differentiate our dreams from idle fantasy. She talks a lot about the discipline and attitude required. Her optimism and grace are felt throughout. She peppers the book with stories from her career and how her attitude was beneficial in good times and in bad. The second half of the book details how to get serious in our pursuit of our goals. She finishes with a chapter on common sense, which while incredibly basic still covers territory I wish more self improvement books would detail. Through it all her personality and good sense sparkles, as well as her love for what she has dedicated her life to.

This book is so great. It tell how your children could overcome fear and disappointment. I recommended this book to everyone. Michelle tell what it took to be a champion not by winning, but by over coming fear.

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