

Finding My Shine

By Nastia Liukin

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Finding My Shine By Nastia Liukin

Nastia Liukin is an Olympic gymnastics all-around gold medalist, but the road to her success was not an easy one. In Finding My Shine, she shares not only her personal journey of success, but also her biggest challenges, including her career ending fall during the 2012 Olympic Trials that she now says was the defining moment of her life. Throughout this book, she delivers her motivational tips toward reaching any goal, overcoming obstacles, and learning how to pick yourself up after the inevitable falls you will have in life. Nastia's story is a true American dream. Born in Moscow, Russia, her parents were both champion gymnasts in their native country. The Liukins moved to the United States when Nastia was two and a half, because they wanted to give their daughter every opportunity possible. Even then, Nastia was certain she wanted to be a gymnast, and spent every hour she could in training. That dedication paid off. Nastia became a key member of the US team, winning five Olympic medals. She also won nine world championship medals (four gold and five silver) making her one of the most celebrated gymnasts in US history. Nastia was in the spotlight again in 2015 when she became a competitor on Dancing with the Stars, partnered with Derek Hough. She now speaks to girls and young women across the country in the hopes of motivating them to turn their own dreams into reality. Finding My Shine is a moving story of a remarkable young woman who won Olympic gold, but whose passion truly lies in inspiring others.

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