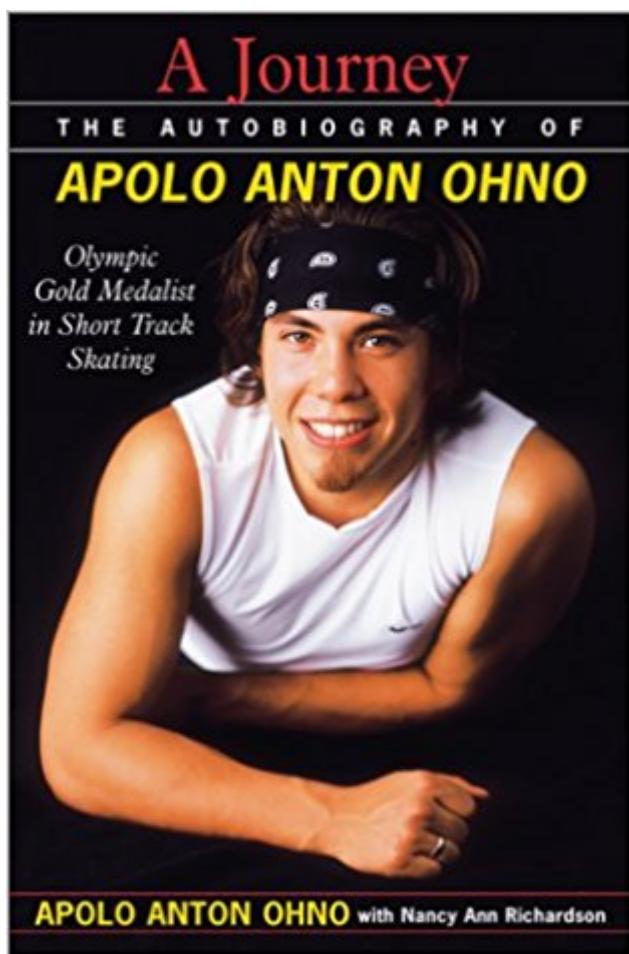


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# A Journey The Autobiography Of Apolo Anton Ohno



## **Synopsis**

I honestly don't know what battles I'm going to face next, only that I have the spirit and the will to face anything and fight for my sport and for what I believe is right. I'll give 110 percent and still dig down deeper for more. Apolo Anton Ohno won both a gold and a silver medal at the 2002 Olympic Games and became an instant hero. But his Olympic victory represents just one moment of his incredible, and continuing journey. From an early age, his father, Yuki, recognized Apolo's natural abilities and made it his mission to help his son live up to his potential. But getting Apolo to follow through on his opportunities wasn't always easy. Like many kids, Apolo struggled to balance his energetic and fiercely competitive nature with his desire for independence and freedom. And even as he succeeded on the ice, he felt the loneliness that comes with being at the top. Amid the pain, the fear, the uncertainty, Apolo asked himself again and again, Why am I doing this? And the answer came to him: He truly loved to skate. So with laser-sharp focus he pursued his number-one goal: to become a great athlete. From his personal struggles to his unwavering commitment and ambition, Apolo Anton Ohno is a true example of courage. He has battled his personal demons, toppled physical barriers, and clawed his way to the top -- but even now he does not rest. Always, he looks within himself to hear his strongest critic, to face his fiercest competitor. And always, he continues to strive to be the best -- not just for his team, not just for his country -- but also for himself. And that is what makes Apolo Anton Ohno a true champion. This is his story.

## **Book Information**

Age Range: 12 and up

Hardcover: 153 pages

Publisher: Simon & Schuster Books for Young Readers; 1St Edition edition (October 1, 2002)

Language: English

ISBN-10: 0689856083

ISBN-13: 978-0689856082

Product Dimensions: 6.3 x 0.7 x 9.4 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 19 customer reviews

Best Sellers Rank: #1,637,502 in Books (See Top 100 in Books) #16 in Books > Teens > Sports & Outdoors > Olympics & Paralympics #58 in Books > Teens > Literature & Fiction > Sports > Martial Arts #91 in Books > Teens > Biographies > Sports

## **Customer Reviews**

Ohno, an Olympic gold medalist for short track speed skating, may have been one of the hottest stars of the 2002 Winter Games, but this disjointed, poorly executed account of his career may leave readers cold. At the outset of his journey, 19-year-old Ohno gushes about some of his idols-Lance Armstrong, Muhammad Ali-and confesses his hope that he can become a similarly positive role model for kids. But the narrative, as it chronicles Ohno's rise to an elite level in athletics, is rambling and often repetitious-paragraphs from the prologue are reproduced verbatim later in the book, without apparent reason; Ohno's frequent praise of his father and supportive friends, doctors and coaches takes on the enumerative quality of many award-acceptance speeches. Many teens will relate to Ohno's personal struggles as well as his rebellious attitude and to the clashes he has had with authority on the road to greatness. But unfortunately, the co-authors fail to convey much realistic emotion nor do they capture the you-are-there excitement of this fast-paced sport. Includes an eight-page inset of color photos. Ages 12-up. Copyright 2002 Reed Business Information, Inc.

Grade 4-8-This autobiography of the youngest U.S. athlete to win a World Cup is engaging, informative, and well written. The opening chapter begins with Ohno's bout with the flu four days before the Salt Lake City Olympics, and with him wondering how he is going to be able to compete. He then describes the competitions and events on his journey to his success, his determination and motivation, and the key people who helped to shape his life and his work ethic. He talks about the setbacks-serious injuries, people who did not have his best interests in mind-before bringing the story full circle back to the 2002 Olympics, where he won a gold medal for short track skating. The tone throughout is informal and casual. Eight pages of good-quality, color photographs show Ohno at various stages in his life. Readers interested in skating and sports competition, and those looking for true success stories, will enjoy this account of one young man's failures, challenges, and successes. Janice C. Hayes, Middle Tennessee State University, Murfreesboro Copyright 2003 Reed Business Information, Inc.

A growing up quick read. The autobiography is written honestly from an athlete emerging into an unknown sport. Short track racing is full of controversy, and Apolo found success against many odds.

I was so happy when Apolo made it possible to get what was the truth about him "from the horse's mouth", so to speak. No wonder every teenage girl in America went crazy over him!

As a high school teacher I am always looking for something that may reach a teen who is struggling. This is an honest story about not giving up.

I ordered this book used for my daughter for Christmas. It came before Christmas and it was in excellent shape. I couldn't tell it from a new book. Very satisfied.

The book was in good condition. However, I was disappointed that there was a personal note made by the original owner and this information was not noted in the book description/condition.

Apolo Anton Ohno, Olympic-medalist in short tract skating, has written two "volumes" of autobiography: A Journey written in 2002, after the Winter Olympics, when Ohno was 19, and Zero Regrets written in 2010, after the Winter Olympics, when Ohno was 28. Short track is one of the few sports I have ever enjoyed watching, so I was curious to read what Ohno would write about in his books. Interestingly, and perhaps not unexpectedly, they are not the same, even though the first nineteen years covered the same material. Thematically, the first book is about how what has always mattered to Ohno was the journey - the training - the road to - not the goals themselves, necessarily. The second book is not as much about the journey but about not having any regrets wherever he ends up. The first book has more of a staccato writing style - this may be in part due to having different writing partners of each book. There is a journey-istic sense of "getting to what's next." The reader sees Ohno as being intelligent but restless and difficult, strong-headed and talented. No matter what Ohno ends up doing, there is a fight to get there, both inside him and in reality. Ohno credits his single-parent father with much of his success and shows a ferocity towards those who disagree with him or try to stop him from moving in the direction he desires. The second book is more meditative, more gracious, more thankful for what he has achieved. Although there is no doubt that Ohno continues to be both strong and strong-willed, there is a sense of gratitude that is lacking in the first book. Ohno is more encouraging of his readers and other athletes in the second book, urging all to go forward with "no regrets." The history of Ohno's father leaving Japan with nothing to come to the US and then raising his only son as a single parent beginning shortly after Ohno's birth is an inspiring one. The dedication that Ohno has to his craft - being the best physically, mentally, and socially, is also inspiring. Ohno seems to be a fiercely loyal friend. The difference between the two books is not only stylistic and thematic - the histories do not agree in all points. Two glaring differences are in Ohno's not getting on the plane to his first training camp. In

the first book, Ohno says his father instinctively knew he had not gotten on the plane, so he tracked him down at a friend's house. In the second book, Ohno's father is completely oblivious until the trainer calls to question why he hasn't shown up - only then does Ohno's father set out on a longer search for his son. Another is the reaction Ohno had to losing a race in 2002 due to a foul which was not called. In the first volume, he is angry, says he was angry, and even calls his opponent names. In the second, though he says he was disappointed, he says he was never angry with his opponent and did not allow it to make him have any regrets. It was interesting to see at the time of Ohno's confusion about whether to follow short track seriously, he prays "in Jesus' Name," and then, more specifically state in the second book, he went on to follow Eastern philosophy. Both books would have been buffeted by saying more about the specific religious instruction he had, what he believes, and why he has come to adopt the philosophies he has. Even if the answers are largely that he doesn't believe "anything," it would have been instructive to have that information. Ohno is the most decorated winter Olympian to date, and it will be interesting to see if he races in the 2014 Olympics or retires. He is on the cusp age-wise for the sport, but it seems he has the ability and the mind to continue. Either way, perhaps it will spur a third volume, which will fill in some of the gaps, if not clear up inconsistencies, in the first two volumes.

It isn't easy to write from the heart, but Apolo Ohno has never avoided the hard choices. If it is presumptuous to write an autobiography at 19, Ohno has earned that right...and raises important issues apart from his two Olympic medals. Raised from age one by his Japanese father, Apolo paints an indelible portrait of a true father, a man willing to make unfamiliar sacrifices to provide a home for his child. We who have raised rebellious adolescent sons empathize with Yuki, and share his joy when Apolo successfully negotiates the transition. Apolo minces few words in describing his experiences as a 14 year old novice skater, attempting to negotiate the challenges of a new culture 3,000 miles from his father and friends. More disturbing are his assertions that U.S. Speedskating failed to provide adequate training and oversight for the 15 year old when he initially joined the Senior division Shorttrack team. Equally disturbing are his comments regarding deficiencies in safety and medical care for the young athletes. His performance in light of pre-Olympic injuries is impressive. Generous with praise for many coaches and friends he avoids excessive bitterness toward his foes. Ohno's voice is clear and distinctive and his emotional intimacy a generous gift in light of his experiences. His reflective comments mirror the character that mesmerized audiences during the Olympic games. Without doubt he will indeed "have an extraordinary life..."

Anyone who saw this year's Olympics has to be familiar with Apolo Anton Ohno. He emerged as the highest profile athlete of the winter Games. And for good reason...this amazing young man showed the world what class, grace and sportsmanship is. He performed incredibly even after being injured. So it should come as no surprise that he would come across in his book as mature, classy and gracious as well. Mature well beyond his 19 years. Being away from home and more or less on his own since age 14 was bound to make him mature faster...but the sheer beauty of this amazing young man's spirit is something that was born with him. It only became more beautiful as he grew up. Aside from his obvious physical beauty, he is beautiful on the inside as well...and the combination makes for one very special, unequaled human being who also happens to be a talented athlete. This is Apolo's story so far...and it also tells a lot about his father who has done a magnificent job of raising a magnificent young man. This story is supposed to be...and is very much so...an inspiration for kids. But anyone of any age who is a fan of Apolo should read his story. You will not be disappointed.

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