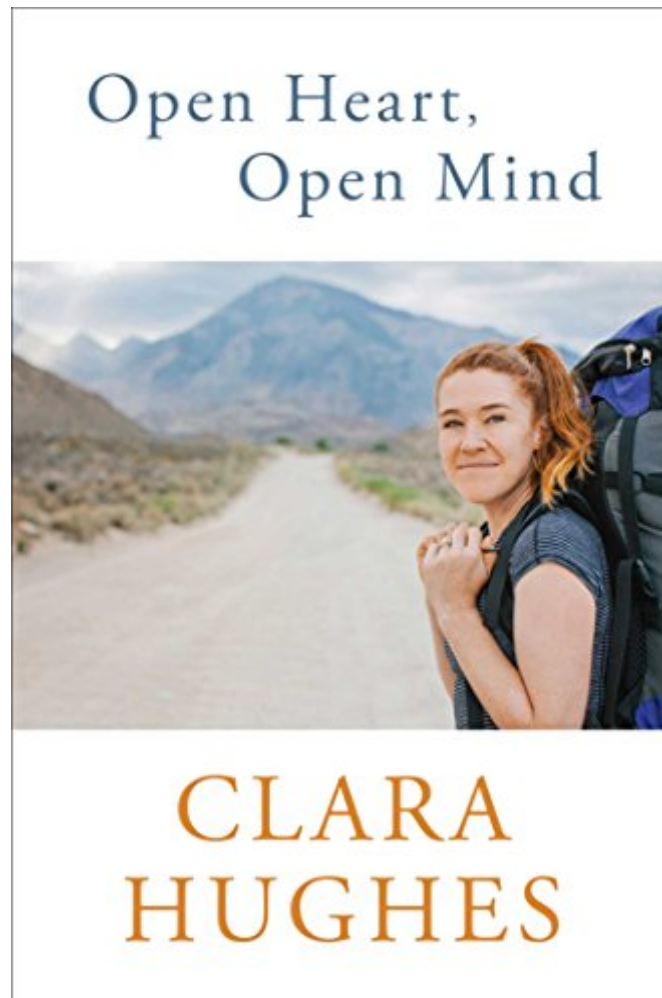


Open Heart, Open Mind PDF



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Open Heart, Open Mind by Clara Hughes ISBN 1476756988

From one of Canada's most decorated Olympians comes a raw but life-affirming story of one woman's struggle with depression.

In a world where winning meant everything, her biggest competitor was herself.

In 2006, when Clara Hughes stepped onto the Olympic podium in Torino, Italy, she became the first and only athlete ever to win multiple medals in both Summer and Winter Games. Four years later, she was proud to carry the Canadian flag at the head of the Canadian team as they participated in the opening ceremony of the Vancouver Olympic Winter Games. But there's another story behind her celebrated career as an athlete, behind her signature billboard smile.

While most professional athletes devote their entire lives to training, Clara spent her teenage years

using drugs and drinking to escape the stifling home life her alcoholic father had created in Elmwood, Winnipeg. She was headed nowhere fast when, at sixteen, she watched transfixed in her living room as gold medal speed skater Gaétan Boucher effortlessly raced in the 1988 Calgary Olympics. Dreaming of one day competing herself, Clara channeled her anger, frustration and raw ambition into the endurance sports of speed skating and cycling. By 2010, she had become a six-time Olympic medalist.

But after more than a decade in the gruelling world of professional sports that stripped away her confidence and bruised her body, Clara began to realize that her physical extremes, her emotional setbacks, and her partying habits were masking a severe depression. After winning bronze in the last speed skating race of her career, she decided to retire from that sport, determined to repair herself. She has emerged as one of our most committed humanitarians, advocating for a variety of social causes both in Canada and around the world. In 2010, she became national spokesperson for Bell Canada's Let's Talk campaign in support of mental health awareness, using her Olympic standing to share the positive message of the power of forgiveness.

Told with honesty and passion, *Open Heart, Open Mind* is Clara's personal journey through physical and mental pain to a life where love and understanding can thrive. This revelatory and inspiring story will touch the hearts of all Canadians.

Open Heart, Open Mind Review

This Open Heart, Open Mind book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Open Heart, Open Mind without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Open Heart, Open Mind can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Open Heart, Open Mind having great arrangement in word and layout, so you will not really feel uninterested in reading.