



Motivational Moments in Women's Track and Field (Motivational Moments in Track and Field)

Dr. Mark Stanbrough

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In *Motivational Moments in Women's Track and Field*, read inspirational stories of female athletes who overcame adversity to achieve success. Sixty female track and field athletes from all over the world and multiple generations are featured in this book. Stories are of well-known athletes like Wilma Rudolph, who overcame polio as a child to become an Olympic champion, or unknown athletes who never made it to the Olympics, such as Gretel Bergmann, who faced discrimination because she was Jewish, or Doris Brown Heritage, who faced gender discrimination when women were not allowed to run distance events. Some, such as Alice Coachman, faced racial discrimination, but overcame the adversity to become successful. Many won multiple medals at the greatest athletic stage in the world. However, some had their dreams crushed when they were not allowed to compete in the Olympic Games due to war, boycotts, or injuries. *Motivational Moments in Women's Track and Field* is written for those who are currently competing, coaching, have participated in track and field or are simply a track and field or sports fan. The stories convey the history of track and field and are designed to inspire, encourage, motivate, and teach valuable life lessons. Each story is accompanied by questions designed to invoke thought as to how one can apply the lessons learned to athletics and to the bigger game of life. The stories are rich in history and are designed to be read in a few minutes. The stories pay honor to all the young women who compete, and make the attempt and pursue excellence. These stories of great athletes teach us how to think positive, to focus our attention on what is important, and how to overcome obstacles to reach our goals.

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