



Letters to a Young Gymnast

Nadia Comaneci

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In *Letters to a Young Gymnast*, Nadia Comaneci tells how she found the inner strength to become a world-class athlete at such a young age. Now a woman of tremendous poise and self-assurance, she offers unique insights into the mind of a top competitor. From how to live after you've realized your dream to the necessity of "a spirit forged with mettle," Comaneci's thoughts on athleticism and sacrifice are eye-opening.

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