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Finding The Edge My Life

Finding the Edge: My Life on the Ice Hardcover – Illustrated, November 28, 2017 by Karen Chen (Author),

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Kristi Yamaguchi (Foreword)
4.8 out of 5 stars 42
ratings

Finding the Edge: My Life on the Ice: Chen, Karen ...

I really enjoyed Finding the Edge: My Life on the Ice because even though I don't skate, I could relate to this book. When you read, I think it is very powerful to be able to relate to something in the book. This book would've probably been greatly improved if it was organized in a better way.

Finding the Edge: My Life on the Ice by Karen Chen

In Finding the Edge, she shares, in her own words,

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Finding the Edge: My Life on the Ice – HarperCollins

In Finding the Edge, she shares, in her own words, what it takes to achieve the impossible. Including behind-the-scenes details from Karen's journey on and off the ice, Finding the Edge also features a foreword from Olympian Kristi

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Yamaguchi.

Finding the Edge: My Life on the Ice - Scribd

Finding the Edge: My Life on the Ice Audible Audiobook – Unabridged Karen Chen (Author), Natalie England (Author), Rachel L. Jacobs (Narrator), Dreamscape Media, LLC (Publisher) & 1 more 4.7 out of 5 stars 33 ratings

Amazon.com: Finding the Edge: My Life on the Ice (Audible ...

Finding the Edge is her first book. Athlete, artist, wife, mother, philanthropist—in each of these things Kristi

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Yamaguchi embodies the word “champion.” Following her victories at the 1992 Winter Olympics and World Championships, Kristi embarked on a successful professional career that went non-stop for more than a decade.

Finding the Edge: My Life on the Ice (Hardcover) | Books

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champion Karen Chen. It is inspiring for young readers and grown-ups alike. It deals with the ups and downs of a career most girls can only dream of.

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In fact, some of the best edge-finding lessons come from the mellow and contemplative teachings of yoga. In his essay "A Nonviolent Approach to Extending Your Limits" (Living Yoga , Tarcher, 1993), psychologist Ken Dychtwald, PhD, puts it this way: "If I never explore my limits, my bodymind will gradually tighten and become unconscious."

Finding Your Fitness Edge - Experience Life

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10. Find an edge. Live there. This is, of course, the most effective way to live life on the edge... though it may be a little

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out of your budget. So there you have it: 10 tools to help you live life with a little more reckless abandon! Stay safe, don't be creepy, and have some fun.

How To Live Life On The Edge

Taking the steps to find your life purpose. Finding your life purpose is a lifelong journey. It's OK to take it one step at a time. It's normal to pause and reevaluate regularly.

Five Steps to Finding Your Life Purpose | Psychology Today

U.S. National Figure Skating Champion Karen Chen shares ice skating tips and talks

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about her new book, Finding the Edge: My Life on the Ice. At seventeen years old, Karen Chen has already achieved ...

Karen Chen Ice Skating Tips | FINDING THE EDGE: MY LIFE ON THE ICE

The ultimate theme of the book is finding a passion that brings you joy and believing in your capabilities. Review by Christine Neilson, Hillside Elementary School Media Center Rating: ★★★ (3 stars) Interest Level: 4th-7th Grade. Finding the Edge: My life on the Ice Written by Karen Chen with Natalie England

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Finding the Edge: My life on the Ice – Granite Media

Finding the Edge: My Life on the Ice. Karen Chen.

HarperCollins, Nov 28, 2017
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National Champion Karen Chen tells the amazing story of her rise to the top, featuring never-before-seen photos and behind-the-scenes details from her journey on and off the ice!

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