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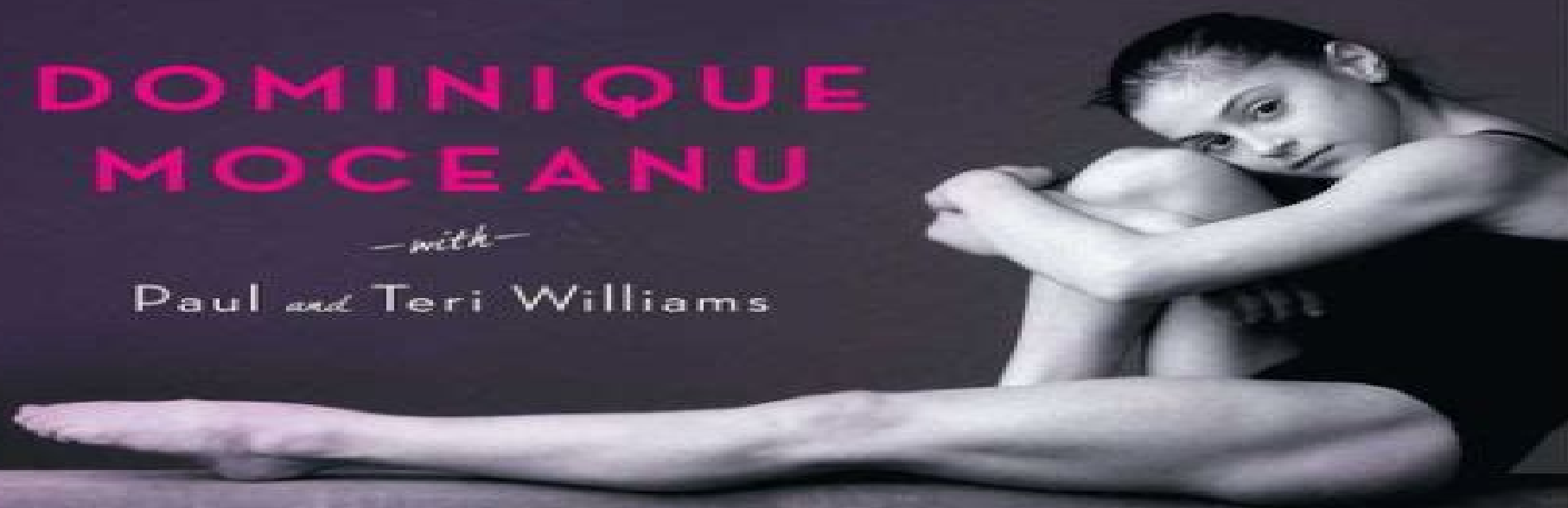
off balance

A MEMOIR

DOMINIQUE
MOCEANU

—with—

Paul and Teri Williams



"Part gymnastics tell-all and part inspirational memoir . . .
Fascinating." —THE BOSTON GLOBE

Off Balance A Memoir

Paul Coppock



Off Balance A Memoir:

Off Balance Dominique Moceanu, 2012-06-12 In this searing and riveting New York Times bestseller Olympic gold medalist Dominique Moceanu reveals the dark underbelly of Olympic gymnastics the true price of success and the shocking secret about her past and her family that she only learned years later At fourteen years old Dominique Moceanu was the youngest member of the 1996 US Women's Olympic Gymnastics team the first and only American women's team to take gold at the Olympics Her pixyish appearance and ferocious competitive drive quickly earned her the status of media darling But behind the fame the flawless floor routines and the million dollar smile her life was a series of challenges and hardships *Off Balance* vividly delineates each of the dominating characters who contributed to Moceanu's rise to the top from her stubborn father and long suffering mother to her mercurial coach Bela Karolyi Here Moceanu finally shares the haunting stories of competition her years of hiding injuries and pain out of fear of retribution from her coaches and how she hit rock bottom after a public battle with her parents But medals murder plots drugs and daring escapes aside all of which figure into Moceanu's incredible journey the most unique aspect of her life is the family secret that Moceanu discovers opening a new and unexpected chapter in her adult life A mysterious letter from a stranger reveals that she has a second sister born with a physical disability and given away at birth who has nonetheless followed in Moceanu's footsteps in an astonishing way A multilayered memoir that transcends the world of sports *Off Balance* will touch anyone who has ever dared to dream of a better life *Memoirs of Archbishop Temple: Memoir of early years, 1821-1848* Ernest Grey Sandford, 1906 **Exposed**

Wendy Kline, 2024-06-10 The pelvic exam If you've ever had one you're probably already wincing It might be considered a routine medical procedure but for most of us it is anything from unpleasant to traumatic In *Exposed* noted historian Wendy Kline uncovers the procedure's fascinating and often disturbing history From gynecological research on enslaved women's bodies to nonconsensual practice on anesthetized patients the pelvic exam as we know it today carries the burden of its sordid past Its story is one of pain and pleasure life saving discoveries and heartbreaking encounters questionable procedures and triumphant breakthroughs Drawing on previously unpublished archival sources along with interviews with patients providers and activists Kline traces key moments and movements in gynecological history from the surgeons of the nineteenth century to the OB GYNs of today This powerful book reminds us that the pelvic exam is has never been just a medical procedure and that we can no longer afford to let the pelvic exam remain unexamined **Female Olympian and Paralympian Events**

Linda K. Fuller, 2018-10-04 *Female Olympian and Paralympian Events* is a groundbreaking book that examines women's sports in the Olympic and Paralympic Games which have long been underappreciated and under analyzed The book begins with a brief background on women's participation in the Olympic Games and their role relative to the International Olympic Committee then introduces the underlying Gendered Critical Discourse Analysis theory used throughout the book's analysis before delving into a literature review of female Olympians and Paralympians events It

includes a listing of noteworthy firsts in the field followed by individual discussions of twenty eight Summer and seven Winter events analyzed according to their historical rhetorical and popular cultural representations Women s unique role s in the various events are discussed particular athletes and Paralympic events are highlighted and original tables are also included At the end of each section affiliated organizations and resources are included in this invaluable referential volume

The Passion Paradox Brad Stulberg, Steve Magness, 2019-03-19 The coauthors of the bestselling Peak Performance dive into the fascinating science behind passion showing how it can lead to a rich and meaningful life while also illuminating the ways in which it is a double edged sword Here s how to cultivate a passion that will take you to great heights while minimizing the risk of an equally great fall Common advice is to find and follow your passion A life of passion is a good life or so we are told But it s not that simple Rarely is passion something that you just stumble upon and the same drive that fuels breakthroughs whether they re athletic scientific entrepreneurial or artistic can be every bit as destructive as it is productive Yes passion can be a wonderful gift but only if you know how to channel it If you re not careful passion can become an awful curse leading to endless seeking suffering and burnout Brad Stulberg and Steve Magness once again team up this time to demystify passion showing readers how they can find and cultivate their passion sustainably harness its power and avoid its dangers They ultimately argue that passion and balance that other virtue touted by our culture are incompatible and that to find your passion you must lose balance And that s not always a bad thing They show readers how to develop the right kind of passion the kind that lets you achieve great things without ruining your life Swift compact and powerful this thought provoking book combines captivating stories of extraordinarily passionate individuals with the latest science on the biological and psychological factors that give rise to and every bit as important sustain passion

Coaching Myths Rick

Albrecht, 2013-04-19 Unlike the generations of coaches that have gone before them today s coaches are expected not only to teach motor skills to young athletes but to do so in an environment that is conducive to the ethical emotional social and physical well being of each one of them Each of the 15 chapters of this book presents and then systematically debunks the most pervasive persistent and potentially harmful myths in coaching including such chestnuts as play by my rules winning is the ultimate goal and there s no I in team Although the information in every chapter is based on current scientific evidence and there are numerous source notes each is written in the everyday language of coaches and covers topics that are of particular interest to coaches parents athletic administrators recreation programming specialists and even the occasional fan

Memoirs of Race, Color, and Belonging Nicole Stamant, 2022-06-23 Memoirs of Race Color and Belonging provides a fresh look at the complex dialogue of race and identity in memoir examining three generations of biracial African Americans experiences in their autobiographies Exploring writers from James McBride and Shirlee Taylor Haizlip to Barack Obama Toi Dericotte Natasha Tretheway Rebecca Walker and Emily Raboteau this volume explores the ways in which these memoirists refute terms regarding race and simple understandings of belonging using their contested embodied positions as sites for

narration quest and protest Organized chronologically this volume will provide readers insight into memoirs from Jim Crow America to the Civil Rights period and finally those considering the post soul and post Loving v Virginia generation Memoirs of Race Color and Belonging interrogates these difficult spaces surrounding identity construction encouraging new conversations surrounding visibility of mixed race individuals and experiences for future generations Through archives and personal testimony this book provides a model for interweaving theoretical and personal accounts of color in American culture to encourage discussions that transgress disciplinary boundaries in the today s dialogue *Gymnastics* Elizabeth Morgan,2017-07-15 In order to execute amazing tumbling passes and stick the perfect landing gymnasts need proper training and a lot of practice They also need to understand the science behind what they re doing on the mat and in the air Readers are introduced to the areas of STEM science technology engineering and math that help gymnasts perform at their best including the ways engineers have created safer equipment and the ways technology is being used to reduce injury Eye catching fact boxes detailed sidebars and full color photographs provide readers with an inside look at the science behind this popular sport **Unfitting Stories** Valerie Raoul,Connie Canam,Angela D. Henderson,Carla Paterson,2007-03-30 *Unfitting Stories* Narrative Approaches to Disease Disability and Trauma illustrates how stories about ill health and suffering have been produced and received from a variety of perspectives Bringing together the work of Canadian researchers health professionals and people with lived experiences of disease disability or trauma it addresses central issues about authority in medical and personal narratives and the value of cross or interdisciplinary research in understanding such experiences The book considers the aesthetic dimensions of health related stories with literary readings that look at how personal accounts of disease disability and trauma are crafted by writers and filmmakers into published works Topics range from psychiatric hospitalization and aestheticizing cancer to father daughter incest in film The collection also deals with the therapeutic or transformative effect of stories with essays about men sport and spinal cord injury narrative teaching at L Arche a faith based network of communities inclusive of people with developmental disabilities and the construction of a schizophrenic identity A final section examines the polemical functions of narrative directing attention to the professional and political contexts within which stories are constructed and exchanged Topics include ableist limits on self narration drug addiction and the disease model and narratives of trauma and Aboriginal post secondary students *Unfitting Stories* is essential reading for researchers using narrative methods or materials for teachers students and professionals working in the field of health services and for concerned consumers of the health care system It deals with practical problems relevant to policy makers as well as theoretical issues of interest to specialists in bioethics gender analysis and narrative theory Read the chapter *Social Trauma and Serial Autobiography Healing and Beyond* by Bina Freiwald on the Concordia University Library Spectrum Research Repository website *Shared Selves* Suzanne Bost,2019-09-30 Memoir typically places selfhood at the center Interestingly the genre s recent surge in popularity coincides with breakthroughs in scholarship focused on selfhood in a new way as an

always renewing always emerging entity Suzanne Bost draws on feminist and posthumanist ideas to explore how three contemporary memoirists decenter the self Latinx writers John Rechy Aurora Levins Morales and Gloria E Anzald a work in places where personal history intertwines with communities environments animals plants and spirits This dedication to interconnectedness resonates with ideas in posthumanist theory while calling on indigenous worldviews As Bost argues our view of life itself expands if we look at how such frameworks interact with queer theory disability studies ecological thinking and other fields These webs of relation in turn mediate experience agency and lift itself A transformative application of posthumanist ideas to Latinx feminist and literary studies Shared Selves shows how memoir can encourage readers to think more broadly and deeply about what counts as human life

Civil War Witnesses and Their Books Gary W.

Gallagher, Stephen Cushman, 2021-09-22 Civil War Witnesses and Their Books New Perspectives on Iconic Works serves as a wide ranging analysis of texts written by individuals who experienced the American Civil War Edited by Gary W Gallagher and Stephen Cushman this volume like its companion Civil War Writing New Perspectives on Iconic Texts 2019 features the voices of authors who felt compelled to convey their stories for a variety of reasons Some produced works intended primarily for their peers while others were concerned with how future generations would judge their wartime actions One diarist penned her entries with no thought that they would later become available to the public The essayists explore the work of five men and three women including prominent Union and Confederate generals the wives of a headline seeking US cavalry commander and a Democratic judge from New York City a member of Robert E Lee s staff a Union artillerist a matron from Richmond s sprawling Chimborazo Hospital and a leading abolitionist US senator Civil War Witnesses and Their Books shows how some of those who lived through the conflict attempted to assess its importance and frame it for later generations Their voices have particular resonance today and underscore how rival memory traditions stir passion and controversy providing essential testimony for anyone seeking to understand the nation s greatest trial and its aftermath CONTENTS From Manassas to Appomattox James Longstreet s Memoir and the Limits of Confederate Reconciliation Elizabeth R Varon A Modern Sensibility in Older Garb Henry Wilson s Rise and Fall of the Slave Power and the Beginnings of Civil War History William Blair The Brisk and Brilliant Matron of Chimborazo Hospital Phoebe Yates Pember s Nurse Narrative Sarah E Gardner George McClellan s Many Turnings Stephen Cushman Maria Lydig Daly Diary of a Union Lady 1861 1865 J Matthew Gallman John D Billings s Hardtack and Coffee A Union Fighting Man s Civil War M Keith Harris One Widow s Wars The Civil War Reconstruction and the West in Elizabeth Bacon Custer s Memoirs Cecily N Zander Proximity and Numbers Walter H Taylor Shapes Confederate History and Memory Gary W Gallagher

Ballet Class Melissa R. Klapper, 2020-01-31 Surveying the state of American ballet in a 1913 issue of McClure s Magazine author Willa Cather reported that few girls expressed any interest in taking ballet class and that those who did were hard pressed to find anything other than dingy studios and imperious teachers One hundred years later ballet is everywhere There are ballet companies large and small across the

United States ballet is commonly featured in film television literature and on social media professional ballet dancers are spokespeople for all kinds of products nail polish companies market colors like Ballet Slippers and Prima Ballerina and most importantly millions of American children have taken ballet class Beginning with the arrival of Russian dancers like Anna Pavlova who first toured the United States on the eve of World War I Ballet Class An American History explores the growth of ballet from an ancillary part of nineteenth century musical theater opera and vaudeville to the quintessential extracurricular activity it is today pursued by countless children nationwide and an integral part of twentieth century American childhood across borders of gender class race and sexuality A social history Ballet Class takes a new approach to the very popular subject of ballet and helps ground an art form often perceived to be elite in the experiences of regular everyday people who spent time in barre lined studios across the United States Drawing on a wide variety of materials including children s books memoirs by professional dancers and choreographers pedagogy manuals and dance periodicals in addition to archival collections and oral histories this pathbreaking study provides a deeply researched national perspective on the history and significance of recreational ballet class in the United States and its influence on many facets of children s lives including gender norms consumerism body image children s literature extracurricular activities and popular culture

Writing & Selling Your Memoir Paula Balzer, 2011-07-09 There s more to writing a memoir than just writing your life story A memoir isn t one long diary entry Rather it s a well crafted story about a crucial often exceptionally difficult time in someone s life Writing Selling Your Memoir talks readers through the process of telling their most personal stories in a compelling relatable and readable manner Unlike other books dedicated to the art and craft of writing memoir it teaches readers how to approach the genre with love respect and know how without sentimentalizing it Drawing on her experience working with New York Times best selling memoirists literary agent Paula Balzer carefully explores the genre and provides readers with step by step instruction on how to Identify strong opening and closing points Find and develop a strong central hook that readers can relate to Structure a memoir to maximize readability Use dialogue and pacing to enhance intimacy Approach honesty and truthfulness Build a successful author platform around their memoir Get an agent s attention Get published Full of tips techniques detailed exercises and examples from best selling memoirs as well as sidebars from well known memoir authors Writing Selling Your Memoir teaches you how to approach an often tricky genre and tell your story without sentimentalizing it

Off Balance and Dizzy in the World Majorie Raskin, 1997 **Memoirs of an American Lady** Mrs. Anne (MacVicar) Grant, James Grant Wilson, 1903 Autobiography in Black and Brown Michael Nieto Garcia, 2014-11-15 An important contribution to the study of American life writing and an invaluable reassessment of the work of Richard Wright and Richard Rodriguez Robert J Butler coeditor of The Richard Wright Encyclopedia Contemporary American Memoirs in Action Jane Danielewicz, 2017-11-14 This book analyzes a collection of literary memoirs to demonstrate how this genre is an avenue for participation in public life Writers are repurposing the memoir a genre known for its personal and expressive

function to engage in debate and serve political goals The chapters provide case studies for memoir as social action that effects change by looking at the writing of Joan Didion John Edgar Wideman James McBride M Elaine Mar Janisse Ray Lucy Grealy and Ann Patchett Drawing on theories of genre and agency Danielewicz asserts how these writers are acting pragmatically Memoirs contribute to democratic society by offering solutions creating new knowledge revealing social trends bringing issues to light creating empathy and connection and changing public opinion **The Works with Notes Critical and Explanatory, and a Biographical Memoir, by W. Gifford** Benjamin Jonson, 1816 Memphis Memoirs Paul Coppock, 1980 Becoming a Poet David Kalstone, 2001 A celebrated study of Elizabeth Bishop s genius as revealed through her literary friendships

Off Balance A Memoir Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Off Balance A Memoir**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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Off Balance A Memoir Introduction

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