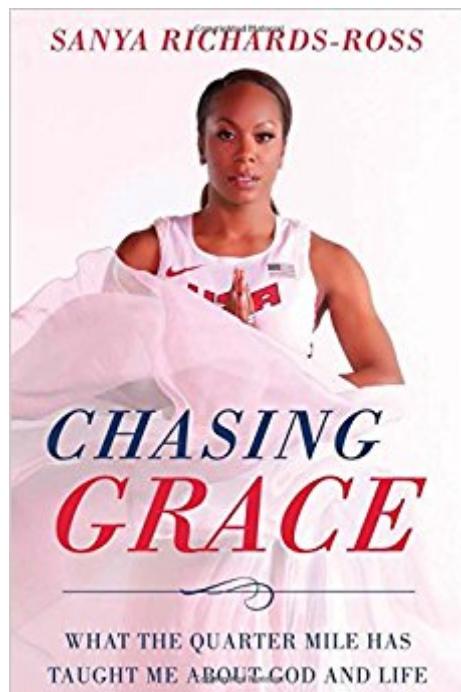


The book was found

Chasing Grace: What The Quarter Mile Has Taught Me About God And Life



Synopsis

âœFor as long as I can remember, life has been measured in seconds. The fewer, the better.â •Most people equate success with having more, but Sanyaâ™s quest was always for less. She started running track as a little girl in Jamaica and began competing when she was only seven. At 31 sheâ™s had a careerâ™s worth of conditioning to run a 400-meter race in 50 seconds, hopefully 49, or even better, 48. When she started training with her coach, Clyde Hart, they divided her race into four phases: push, pace, position, poise, and with the inherent prayer. For years Sanya worked to hone every phase in practice so that when it came time to race, her body would respond as her mind instinctively transitioned from one phase to the next. As she got older and embraced a life that measures more than just a number on the time clock, she has realized the genius of this strategy for not just racing the 400 meters, but for living her best life. Sanya shares triumphant as well as heartbreaking stories as she reveals her journey to becoming a world-class runner. From her childhood in Jamaica to Athens, Beijing and London Olympics, readers will find themselves inspired by the unique insights sheâ™s gained through her victories and losses, including her devastating injury during the 2016 Olympic Trials forcing career retirement just weeks before Rio. Sanya demonstrates how even this devastating loss brought her closer to the ultimate goal of becoming all God created her to be.â •Sometimes you think you are chasing a gold medal, but thatâ™s not what you are chasing. Youâ™re racing to become the best version of yourself.â •

Book Information

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Customer Reviews

Sanya Richards-Ross has represented Team USA so well for her entire career. But she was born in Jamaica, and I can connect to the winnerâ™s spirit that we share. Iâ™m proud of everything Sanya has accomplished, including the writing of Chasing Grace. Through her vulnerability in sharing some of her most personal stories of victory and defeat, triumph and tribulation, I once again see her strength. Big up yuhself, Sanya! (USAIN BOLT, the worldâ™s fastest man, eight-time Olympic gold medalist, eleven-time World Champion, and four-time Laureus World Sportsman of the Year)Chasing Grace is an excellent read for anyone who is searching for ways to be encouraged and motivated to never give up on pursuing the dream. Sanya Richards-Ross, the five-time Olympic medalist, has illustrated throughout her career patience, perseverance, and perspective on what it takes to become a champion on and off the field with Godâ™s grace. Chasing Grace is the script for a manual that can help guide anyone wanting to be the best. Once you start reading, you will find it difficult to stop turning the pages in the anticipation of wanting more. (JACKIE JOYNER-KERSEE, the greatest female athlete of the twentieth century)I will always say that I am eternally grateful to the game of football---for what it gave me and what it taught me. Through my sport, I learned to reach out to my family, teammates, and friends. Itâ™s a humbling moment when you realize you have the opportunity to share lessons learned and can support and encourage others to live the life of their dreams. I see that same sense of wonderment and responsibility in Sanya Richards-Ross on every page of her competitive memoir, Chasing Grace. More than a story about achievement and victory, Sanyaâ™s book delivers as a journey of discovery. It is honest and heartfelt, and I believe she openly examines her lifeâ™s work in the pursuit of helping others live their dreams. (MICHAEL STRAHAN, entrepreneur, broadcaster, author, Pro Football Hall of Famer, and Super Bowl champion)Chasing Grace is not only the story of a young girl who followed her dreams and became an Olympic champion, but also a collection of valuable lessons that were learned along the way. Sanya Richards-Ross has written a wonderful book for those who want to be inspired and uplifted while learning how to successfully handle all the challenges we inevitably face in life. (LAILA ALI, world champion boxer, fitness and wellness expert, and television personality)Sanya Richards-Ross embodies what I consider to be a true American hero. Her ability to overcome obstacles and stay focused on her mission to be not just the best runner in the world but a world-class woman stirs me, and it will challenge and encourage all who read Chasing Grace. I so respect Sanyaâ™s journey and recommend her book to anyone looking to be inspired! (DARA TORRES, five-time Olympic swimmer and twelve-time medalist)When I was a young athlete, my coaches used to explain what I should aspire to be, and Sanya Richards-Ross was always the standard. Powerful, graceful, caring; physically, mentally, and morally sound. You

had to wonder how she came to be. Thankfully we don't anymore. It's a pleasure to finally read her operating manual. (ASHTON EATON, two-time Olympic decathlon gold medalist and world record holder in both the decathlon and indoor heptathlon events)In a world that often defines public achievement as success, Sanya Richards-Ross reveals in Chasing Grace that her greatest feat in life was not on a track for the world to see, but rather in her soul where God would serve as the ultimate coach. She now shares wisdom from the deep reservoir of her pains, joys, trials, and triumphs that will inspire us all to pursue the grace race with confidence, trust, optimism, and unshaken faith. (SARAH JAKES ROBERTS, author)Chasing Grace is a remarkable story of a young woman who stayed the course to achieve her dreams. Like most success stories, Sanya faced many challenges that not only prepared her for Olympic Gold but prepared her for the real race of life. I commend her on having the courage to share her toughest moments, and I know her truth will inspire many. (ANGELA SIMMONS, fashion designer, TV personality, and entrepreneur)Sanya Richards-Ross is one of the world's greatest athletes, but her success isn't just God-given. She took great talent and made it the best it could be by learning from others, working hard, and leaning on her family and her faith. She has always been about far more than athletic achievement. She has been an advocate and role model and has always taken a global view of her life and career. Chasing Grace provides a look at how she was able to overcome and succeed, both on and off the track. (MAX SIEGEL, CEO, USA Track & Field)Sanya Richards-Ross is the definition of a champion on and off the track. Her focus, ambition, and passion were evident dating back to our time at the University of Texas. Chasing Grace is an incredibly inspiring story of how she used her God-given abilities to win gold while ultimately finding her true purpose. I'm proud of the woman she has become and her bravery in sharing her story. (VINCE YOUNG, professional football player, entrepreneur, and philanthropist)Chasing Grace embodies the determination needed to fulfill our lifelong dreams. Sanya Richards-Ross has done us all a favor by uniquely sharing her life stories to motivate, inspire, and empower individuals who read it. The 400-meter race is a great metaphor for life. It's an enduring race. This book is filled with life lessons that will enable the reader to progress from just being ordinary to becoming a true champion on and off the track of life. Grace---unmerited favor of God. (COREY WEBSTER, nine-season NFL cornerback)Chasing Grace is an empowering story of walking in grace and purpose. Sanya Richards-Ross has passion and courage etched in every step throughout her career so far. This is how you do it. (ESTELLE, Grammy Award-winning artist, actress, and producer)Chasing Grace doesn't just give you a look behind the scenes; it invites you into some of Sanya Richards-Ross's most personal moments. Moments fans often don't consider. Sanya's transparency is courageous and

beautiful. Her words are eloquent, and the lessons shared are priceless. (LAURYN WILLIAMS, four-time Olympian and first American woman to medal in both the Summer and Winter Olympic Games)Chasing Grace gives the reader a glimpse into the mind-set of a rare athlete, Sanya Richards-Ross, who has the holy trinity of skills: the athletic ability to perform and win at the highest level, the poise to deliver a flawless live interview after, and the savvy to know how to build a successful brand from it. (ATO BOLDON, four-time Olympic medalist and lead track and field analyst for NBC Sports)I just wanted to take the time to say a few words about Sanyaâ™s book. Iâ™ve always admired Sanyaâ™s drive, not just on the track but to become a business woman and use her platform to help others. Itâ™s an honor to mentor a talented and strong young woman like her. I have three daughters and I know life wonâ™t be easy but I hope they handle lifeâ™s challenges with as much persistence and fight as Sanya. Chasing Grace is an amazing telling of a wonderful story that should be shared with the world. I couldnâ™t be prouder. (KEVIN LILES, Co-Founder/CEO of 300 Entertainment)

Sanya Richards-Ross is a Jamaican-American track and field athlete who competes internationally for the United States. She is the fastest American woman in history at 400 meters and the winner of multiple Olympic gold medals. Off the track, Sanya is an entrepreneur, TV personality, public speaker, and humanitarian. She designs and executes sports clinics across the United States to educate, empower, and teach youth with tools and strategies to excel both on and off the track. Sanya is married to two-time Super Bowl champion Aaron Ross and they live in Austin, TX. Â

This book is well written. Sanya gives an open and honest view of her journey. Blessed with a chance to meet her a couple of times I knew that she was a genuine person but the book just confirms her genuine care about people, family, and the sport.

Sanya's Chasing Grace is an absolute Jewel. I completed Chasing Grace from cover to cover directly upon it's arrival. Thank you for sharing your innermost highs and lows, but more importantly how your faith in God allowed you to pursue the 4 P's.

I have been a huge fan of Sanya Richards-Ross for as long as I can remember. She made me fall in love with track and field. I love the way her discipline in the sport has carried over to all areas in her life. She is an inspiration.

Very honest & eye opening content for adult readers. She doesn't hold back.

Great job by Sanya

It was very well written. I could not put the book down. I finished in 2 days. Just wish it was longer.

Enjoyed the story very much

Great gift for my granddaughter. Fast delivery! Great product and price~

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