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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), Kristi

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Yamaguchi (Foreword) 4.8 out of 5 stars
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Finding the Edge is her first book.
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philanthropist--in each of these things
Kristi Yamaguchi embodies the word

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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

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never explore my limits, my bodymind will gradually tighten and become unconscious.

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step at a time. It's normal to pause and reevaluate regularly.

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Finding the Edge is her first book.

Athlete, artist, wife, mother, philanthropist—in each of these things Kristi Yamaguchi embodies the word

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Home » Children's Books » Games & Activities » Sports. Sports; \$17.99. Leave this field blank: Figure skating icon and U.S. 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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or anyone to make you miss who you are in God's sight.

Finding God's Purpose for You - Living on the Edge

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

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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, ... Finding the Edge: My Life

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Finding the Edge: My Life on the Ice by HarperCollins ...

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The ultimate theme of the book is finding a passion that brings you joy and

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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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