

[DOWNLOAD](#)

## Open Heart, Open Mind (Hardback)

---

By Clara Hughes

Touchstone Books, United States, 2015. Hardback. Book Condition: New. Canadian Origin.. 231 x 150 mm. Language: English . Brand New Book. From one of Canada's most decorated Olympians comes a raw but life-affirming story of one woman's struggle with depression. In a world where winning meant everything, her biggest competitor was herself. In 2006, when Clara Hughes stepped onto the Olympic podium in Torino, Italy, she became the first and only athlete ever to win multiple medals in both Summer and Winter Games. Four years later, she was proud to carry the Canadian flag at the head of the Canadian team as they participated in the opening ceremony of the Vancouver Olympic Winter Games. But there's another story behind her celebrated career as an athlete, behind her signature billboard smile. While most professional athletes devote their entire lives to training, Clara spent her teenage years using drugs and drinking to escape the stifling home life her alcoholic father had created in Elmwood, Winnipeg. She was headed nowhere fast when, at sixteen, she watched transfixed in her living room as gold medal speed skater Gaetan Boucher effortlessly raced in the 1988 Calgary Olympics. Dreaming of one day competing...

[READ ONLINE](#)

[ 5.72 MB ]

### Reviews

*Very beneficial to all category of folks. We have study and that i am sure that i will planning to go through yet again again in the future. Its been printed in an extremely straightforward way in fact it is just soon after i finished reading this pdf where actually changed me, alter the way i really believe.*

-- Emmett Mann

*Comprehensive information! Its this sort of great go through. It really is rally interesting throgh studying time. I am just quickly can get a satisfaction of looking at a created pdf.*

-- Alexandra Weissnat