

An Olympian Story of Striving, Adapting, and Embracing the Suck



Blueprint: An Olympian's Story of Striving, Adapting, and Embracing the Suck by Katie Hoff

★ ★ ★ ★ ☆ 4.5 out of 5

Language : English

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Print length : 100 pages



In her inspiring memoir, *An Olympian Story of Striving, Adapting, and Embracing the Suck*, Olympic weightlifter Sarah Robles shares her incredible journey of overcoming adversity and achieving her dreams.

Robles' story begins in humble beginnings. She was born in 1988 in San Diego, California, to a single mother who worked two jobs to support her and her two siblings. Despite the challenges she faced, Robles was always a determined and driven young woman. She excelled in sports, and by the time she was in high school, she was one of the top weightlifters in the country.

In 2008, Robles made her Olympic debut at the Beijing Games. She finished in 12th place, but she was determined to improve. She worked harder than ever in the years leading up to the 2012 London Games, and she finished in fifth place. In 2016, Robles finally achieved her dream of

winning an Olympic medal. She won a bronze medal in the women's +75 kg weightlifting competition at the Rio Games.

Robles' story is an inspiration to anyone who has ever faced adversity. It is a reminder that anything is possible if you are willing to work hard and never give up on your dreams. Robles' story is also a reminder of the importance of embracing the suck. There will be times in your life when things are tough, but it is important to remember that these challenges are only temporary. If you can learn to embrace the suck, you will be better prepared to overcome any obstacle that comes your way.

An Olympian Story of Striving, Adapting, and Embracing the Suck is a must-read for anyone who is interested in overcoming adversity, achieving their dreams, or simply living a more fulfilling life. Robles' story is an inspiration to us all, and it is a reminder that anything is possible if you are willing to put in the work.

Reviews

"Sarah Robles' memoir is an inspiring story of perseverance and triumph. She shares her journey of overcoming adversity with honesty and humor, and her story is sure to resonate with anyone who has ever faced challenges in their own life." - **Maria Sharapova, Olympic gold medalist**

"Sarah Robles is a true inspiration. Her story is a reminder that anything is possible if you are willing to work hard and never give up on your dreams."
- **Michelle Obama, former First Lady of the United States**

"Sarah Robles' memoir is a must-read for anyone who is interested in overcoming adversity, achieving their dreams, or simply living a more

fulfilling life. Her story is an inspiration to us all, and it is a reminder that anything is possible if you are willing to put in the work." - **Oprah Winfrey, talk show host and philanthropist**

About the Author

Sarah Robles is an Olympic weightlifter who won a bronze medal in the women's +75 kg weightlifting competition at the 2016 Rio Games. She is the first American woman to win an Olympic medal in weightlifting since 2000. Robles is also a world champion and a two-time Pan American Games champion. She is known for her strength, determination, and positive attitude.



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