

## ZERO REGRETS OHNO APOLO%0A

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ZERO REGRETS: BE GREATER THAN YESTERDAY succeeds not merely as a compelling memoir, but as an inspiring motivational guide to mental and physical strength, personal and professional reward, through the pursuit of zero regrets.

Zero Regrets: Be Greater Than Yesterday by Apolo Anton Ohno

Zero Regrets is not only badly written, repetitive and uninteresting, it's just an ego trip. Apolo Ohno might have been a great athlete, and could have much to say to inspire, but the way the book is written does not transmit that.

Zero Regrets: Be Greater Than Yesterday: Apolo Ohno ...

Zero Regrets: Be Greater Than Yesterday [Apolo Ohno] on Amazon.com. \*FREE\* shipping on qualifying offers. Gold medal-winning Olympic speed skater Apolo Ohno shares the inspiring personal story behind his enduring success as an elite athlete and reveals the universal life lessons he has learned through his training and competition.

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Over three consecutive Olympic games, Apolo Ohno has come to symbolize the very best of the competitive spirit remaining equally gracious in victory and defeat, always striving to improve his performance, and appreciating the value of the hard work of training as much as any reward it might bring.

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Zero regrets. It's a philosophy not just about sport but about life. School, business, academics, love - anything and everything. It's complicated and yet not. You have to figure out who it is you want to be. Not what you want to be - but who. There has to be a vision, a dream, a plan. Then you chase that with everything you've got.

### **Zero Regrets By Apolo Ohno**

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### **About | 8x Olympic Winner | Apolo Ohno**

Ohno has a keen interest in promoting health and wellness and enjoys creative pursuits such as producing and writing. As the author of the New York Times bestseller Zero Regrets, an inspirational guide to chasing one's dreams Ohno is writing a new book about reinventing and transforming oneself.

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In Zero Regrets, Apolo shares the inspiring personal story behind his remarkable success, as well as the hard-won truths and strategies he has discovered in good times and bad.

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Zero Regrets by Apolo Ohno is a fantastic book. The book relates great to any athletes who are trying to become something great. The major theme of the book is to pursue something that your passionate about, dedicated your self entirely to it, and then have zero regrets about what you did.