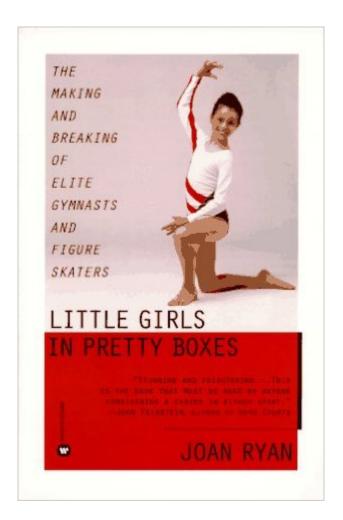
The book was found

Little Girls In Pretty Boxes: The Making And Breaking Of Elite Gymnasts And Figure Skaters





Synopsis

In this disturbing book, sports columnist Ryan exposes the tarnish beneath Olympic gold as she reveals heartbreaking stories of the physical and psychological abuse suffered by countless young girls driven to achieve Olympic medals. In harrowing detail, Ryan documents the preponderance of abuse, eating disorders, weakened bones, and damaged psyches that are often the result of intensive training. 16-page photo insert.

Book Information

Paperback: 243 pages Publisher: Grand Central Publishing; Revised edition (May 1, 1996) Language: English ISBN-10: 0446672505 ISBN-13: 978-0446672504 Product Dimensions: 5.1 x 0.8 x 8 inches Shipping Weight: 9.6 ounces Average Customer Review: 3.6 out of 5 stars Â See all reviews (163 customer reviews) Best Sellers Rank: #353,849 in Books (See Top 100 in Books) #85 in Books > Sports & Outdoors > Individual Sports > Gymnastics

Customer Reviews

Prior to 1972, gymnastics was a rather ho-hum sport that appeared to be dominated by eastern European robots with as much appeal as wind-up toys. Especially in the Olympics, the big draws were swimming and track, with gymnastics coverage relegated to the back of the sports pages. But at the Munich Olympics in 1972, among the Russian gymnasts was a tiny 17 year old sprite named Olga Korbut who looked like an elf dangling from a charm bracelet and wowed the crowds in the gym, changing the face of gymnastics overnight. Never mind that Korbut wasn't the best gymnast on the Russian team; she was a natural showgirl. The crowds ate her up. Olga's size (84 pounds) didn't hurt her appeal either. There was a new face on female gymnastics and it was cute, petite, and above all, thin. This was reinforced four years later at Montreal by Nadia Comaneci, who was not only petite, she was barely 14 years old. Combining a formidable talent with an insatiable coach, Nadia tore up the gym to win three gold medals. The formula for a winning gymnast was thus established: take them as young as possible, feed them as little as possible, and train them as hard as possible. Some girls thrived under this regime; many more cracked (or cracked up). Ryan goes to convincing lengths in describing the results of this training on bodies that were for the most part far

too young to handle it: eating disorders (including at least one death from anorexia); severe injuries, including permanent paralysis; and damaged psyches from dealing with demanding coaches and obsessed parents who live vicariously through their children. She also points up that many coaches do not have the requisite training and experience to coach children without subjecting them to serious physical and emotional harm.

Download to continue reading...

Little Girls in Pretty Boxes: The Making and Breaking of Elite Gymnasts and Figure Skaters Pretty, Pretty, Pretty Good: Larry David and the Making of Seinfeld and Curb Your Enthusiasm Pretty Girls with Pretty Gapes: Some girls need to be stretched Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Figure Making Can Be Fun?!?: A complete guide to making a professional ventriloguist figure. Pretty Girls: A Novel by Karin Slaughter | Chapter Compilation Jewelry Making: Jewelry Making Instructions to Easily Create Beautiful Pendants, Bracelets, Earrings, and Necklaces (Jewelry Making Books, jewelry making for dummies, jewelry making tools) Jewelry Making: 33 Tips and Advices For Making Unique Earrings (jewelry making, jewelry making books, jewelry making kits) Pretty Little Liars: Too Cold For Snow (Kindle Worlds Novella) (Emily and Paige '74 Book 6) Little Bead Boxes: 12 Miniature Containers Built with Beads The Little Book of Circle Processes : A New/Old Approach to Peacemaking (The Little Books of Justice and Peacebuilding Series) (Little Books of Justice & Peacebuilding) The Little Book of Horse Racing Law: The ABA Little Book Series (ABA Little Books Series) Book Art Studio Handbook: Techniques and Methods for Binding Books, Creating Albums, Making Boxes and Enclosures, and More (Studio Handbook Series) Making Wood Boxes With a Band Saw Privilege: The Making of an Adolescent Elite at St. Paul's School (Princeton Studies in Cultural Sociology) Wine Making: Beginner Wine Making! The Ultimate Guide to Making Delicious Wine at Home (Home Brew, Wine Making, Red Wine, White Wine, Wine Tasting, Cocktails, ... Vodka recipes, Jello Shots Beer Brewing) Kabul Girls Soccer Club: A Dream, Eight Girls, and a Journey Home Girls Under Pressure (Girls Quartet, Book 2) Texting Women: 7 Simple Steps From Text to Sex (Flirty Texts, Texting Girls, How To Text Girls, Art Seduction, How to Seduce a Woman, Funny Text, Pick Up Women, Funny Pick Up Lines, Picking Up Women) Is It Wrong to Try to Pick Up Girls in a Dungeon?, Vol. 4 - light novel (Is It Wrong to Pick Up Girls in a Dungeon?)

<u>Dmca</u>