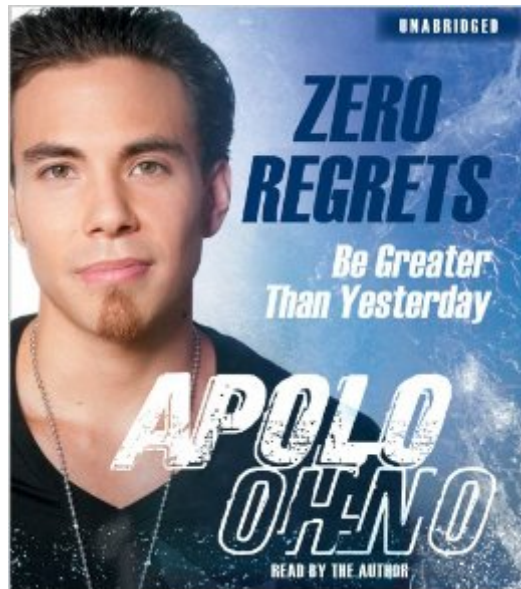


The book was found

# Zero Regrets: Be Greater Than Yesterday



## Synopsis

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—who. There has to be a vision, a dream, a plan. Then you chase that with everything you've got.

• 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. 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. Raised by his single father, an immigrant from Japan who often worked twelve-hour days, the young Apolo found it difficult to balance his enormous natural gifts as an athlete with an admittedly wild, rebellious streak. After making a name for himself as a promising young speed skater, his career was almost over before it began when his lack of preparation caused him to finish last at the U.S. Olympic trials in 1998. A life-changing week of solitary soul-searching at the age of fifteen led him to recommit himself to his training, and at the 1999 world junior championships he won first place overall—one of the most remarkable turnarounds in sports history. From that moment on, the world of speed skating had a new champion and Apolo was on his way to legendary status. Much more than an account of races won and lost, *Zero Regrets* is a compelling portrait of a father-and-son relationship that deepened over time and was based on respect, love, and unshakable faith in each other. For the first time, Apolo reveals what he knows about his long-absent mother; he makes us feel what it is like to face the best competitors on the planet with the eyes of millions of fans upon you; and he shares his secrets for achieving total focus and mental toughness, secrets that can be applied in situations well beyond sports. We learn the details of the unbelievably intense workout and diet that he endured while training for the 2010 Winter Olympics, a regime that literally reshaped his body and led to some of his most thrilling victories. In this deeply personal and entertaining book, Apolo shows how we can all come closer to living with zero regrets. While Apolo's own journey may be unique, the insights he has gleaned along the way have the power to help us all feel like champions every day.

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“Nine days after dropping me off, Dad came to pick me up. In that call from the pay phone, I hadn't said anything to him about what decision I had made. On the car ride back home, I told him. “I want to try this,” I said. “Are you willing,” he asked, “to really put forth a true effort? From the bone?” I told my father: “I want to skate.” With clarity of purpose, everything suddenly seemed different. I didn't just want to skate—I loved it. I realized, too, that while I had

to want to buy into the training, the discipline, the self-sacrifice, I needed direction and guidance, too. You truly can't get there by yourself. I needed not only to truly and profoundly depend upon Dad for help but also to welcome those "coaches, trainers, others" who could help me along the way. . . . I was also making promises to myself and writing them in my journal: I'm not going to mess it up this time. When I go home, I really am going to be the different person I decided in Iron Springs I would be. I know what I want to do. I want to be the best in the world. I didn't know quite yet how I would get there. But I was clear, and I had no doubt that's what I was after.

From Zero Regrets --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

Nice mix of motivational philosophy and biography. I was pleased that the book stays out of the gossipy details, but focuses more on mindset, competition preparation and personal memories. Apolo comes across as a genuinely nice guy who stays true to his mission. He's had highs and lows like anyone and I found it very inspirational as I face life's challenges. His life could have gone in a completely different direction and I enjoyed reading how he recognized where he was heading and how he steered himself toward a higher destiny. His relationship with his father is heartwarming. Role models so often disappoint but Apolo's journey shows that there are some smart, thoughtful athletes to learn from and be inspired by.

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. I loved reading it, particularly the love, respect, admiration, and gratitude Apolo has for his amazing dad, Yuki Ohno. Mr. Ohno himself is an inspiration, and we can all do well to learn from his wisdom, his constant and unconditional love, and unwavering support as Apolo's "hero, best friend, coach, mentor, Dad." Short track speed skating serves as the dramatic medium for Apolo's profound and powerful message; fraught with unforeseen challenges at every turn, seemingly insurmountable obstacles--and in Apolo's case, amazing recoveries and brilliant victories--short track is the perfect metaphor for life, and Apolo the perfect example of living with zero regrets. In the prologue, Apolo states: "I did not want to write a book out of some sense of self-indulgence, or perfectionism, or self-adoration. No. Instead, I simply wanted to make plain what I have learned along my path in the hope that my journey would encourage others to strive for what is needed, to reach for the unreachable, to recognize that everyone makes mistakes but the point is to bounce back stronger." Thank you, Apolo and Mr. Ohno, for sharing so much of yourselves and what you have learned, and encouraging us and inspiring us to be greater than yesterday in this moving, beautifully written book.

From the first sentence, you are hooked. You quickly realize this is not the typical celebrity tell-all. This is a candid look into the heart and soul of a champion and how he finds inspiration in his own life. For a young man who is accustomed to showing no emotion on the ice, Apolo truly opens up about his challenges, insecurities, and successes. Apolo does not paint himself in a totally positive light either. He acknowledges the mistakes he made, the path that was leading him astray, the rebellious years where he butted heads with his father. He readily gives praise and respect to those people that made a difference in his own life through their support, coaching, expertise, friendship, loyalty, and love. However, Apolo stops short of any mention of his romantic life. By his own admission in a recent interview, he did not want this to be a book about "women I have dated or who wanted to date me." Apolo provides an inside look into the sacrifices he made and the grueling training schedule he endured to prepare for his Olympic pursuits. He talks about his thoughts in those moments before his races, during his races, and after the races. Apolo's personal philosophy that things happen the way they are supposed to provides an interesting perspective on each of his wins and losses, successes and failures. And for those who first met Apolo on *Dancing with the Stars*, you will not be disappointed. He recounts how he was first approached to do the show, his decision to participate, and his experiences as part of the wildly popular reality show. This will be a book that you will read more than once. It will be your go-to book when you are searching for inspiration to get you through your own challenge. It will be the book you will reach for when you

need motivation. It will be a constant reminder that life is best lived when you strive for zero regrets.

I loved this book. Being an Apolo Ohno fan, I knew much of the story but it was wonderful to hear from him his feelings and expressions of these famous events. Apolo truly wants to be a role model and inspire people to live a happy life with Zero Regrets. His example of how he got there and does it on a daily basis is told with an open and honest bearing of his soul. This book can motivate an Olympic hopeful or a couch potato, a middle schooler or an adult. I find myself re-reading portions nearly everyday as a motivation. Ohno is a positive role model that's willing to live that role, share his blessings and podium he's been given to make life a little better for people in their pursuit of life and happiness. This book is a great share!

Apolo is a charismatic young man and a natural storyteller. While I agree with the previous reviewers, I found his warrior spirit the most compelling aspect of his story. As a former Infantry officer and distance runner, I connected with his mental battles to conquer his insecurities, to drive his body past its apparent limits, and yet to revel in a struggle worth fighting. This book is a great primer on the will to win and the need to adapt again and again in the face of competition.

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