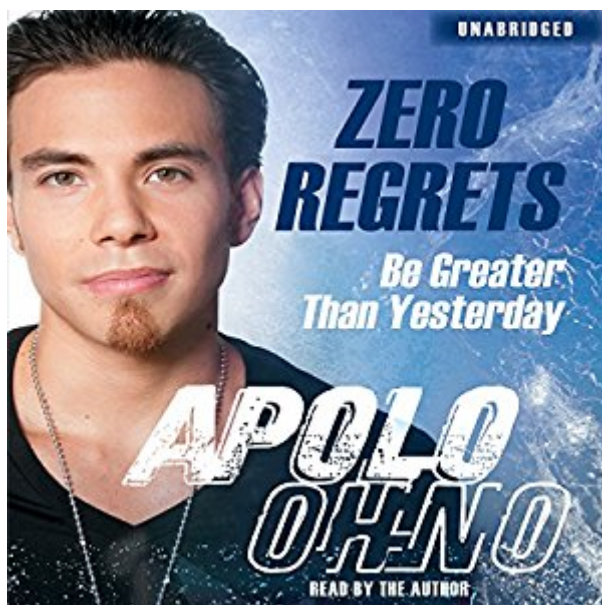


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# Zero Regrets



## 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 - but 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 12-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 15 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, Apolo shares his secrets for achieving total focus and mental toughness, secrets that can be applied in situations well beyond sports.

## Book Information

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## Customer Reviews

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've been a fan of Apolo Ohno since the 2002 Olympics. I admit he first caught my eye because of his looks, but I became a fan for life due to the class and grace with which he conducted himself during those Games. Since then he has proven time and again what a great role model he is for all ages, on and off the ice. I had the honor of meeting him at one of his book signings and he is truly one of the nicest, most pleasant and genuine people I've ever met. If possible, I admire this amazing young man even more after reading this book. He writes from the heart about his early life, competitions, and yes, even a bit about "Dancing with the Stars." He talks about his all-too-human struggles with injuries, self-doubt, fear, and frustration, and how he overcame these challenges with the help of his friends, coaches, advisors, and his amazing father. He proves that it doesn't matter where you come from; anyone can chase their dreams and improve their lives. Make no mistake, this is no sleazy kiss-and-tell type memoir. If you're looking for gossip, you won't find it here. Instead you'll find motivation and advice that you can apply to any aspect of life. He has a way of raising your spirits through his words; you just feel good after reading this book. And I definitely recommend listening to the audio version; listening to his story in his own voice is quite the treat. He is a natural storyteller and very articulate. The microphone loves him as much as the camera does. I would give this book and its author more than five stars if possible.

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