In this fascinating new autobiography, Kerri Strug comes to life as the brave young gymnast who struggled for years in the shadow of flashier athletes, then secured her place in the Olympic pantheon for her brilliant success under fire.

**Personal Review: Landing on My Feet: A Diary of Dreams by John P. Lopez**

In perhaps the most comprehensive autobiography of a gymnast on the market thus far, Kerri Strug details her life as an elite gymnast from her early memories all the way through the 1996 Olympics. Younger gymnasts (upper elementary school/middle school aged) will be able to understand the book, but the ideas contained will appeal to older readers as well.

Strug addresses her success, her aspirations, and most importantly, the difficulties of competing at the elite level. She talks openly about her
eating disorder and problems with coaches. Strug also makes it clear that the person who pushed her hardest was her - not her parents, or her coaches. While Bela is known for pushing his gymnastics, Strug lets it be known that he never pushed her too far, and that it was her idea to perform the second vault.

Strug also addresses something that all gymnasts will understand: the frustrations. Not getting a certain score, not qualifying for something, or simply not progressing skill-wise are all common frustrations that any gymnast experiences. Most gymnasts will appreciate knowing that other people have gone through what they are currently going through. This is a great book for someone who is already familiar with gymnastics.