



# The Heart of a Champion: Inspiring True Stories of Challenge and Triumph

*Bob Richards*

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## **The Heart of a Champion: Inspiring True Stories of Challenge and Triumph** Bob Richards

What makes a champion? Olympic champion Bob Richards says it's the will to win no matter what the odds. In *The Heart of a Champion*, he shares the incredible stories of athletes who have overcome hardship, disability, racism, sexism, and more to become the best the world has ever seen. A celebration of hard work and the indomitable human spirit, this book captures Richards's contagious enthusiasm for individual greatness as well as the beauty of working as a team. These inspirational true stories have been loved for fifty years. Now repackaged for a new generation of athletes and coaches, *The Heart of a Champion* is poised to influence thousands more with its message of hope and perseverance.

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