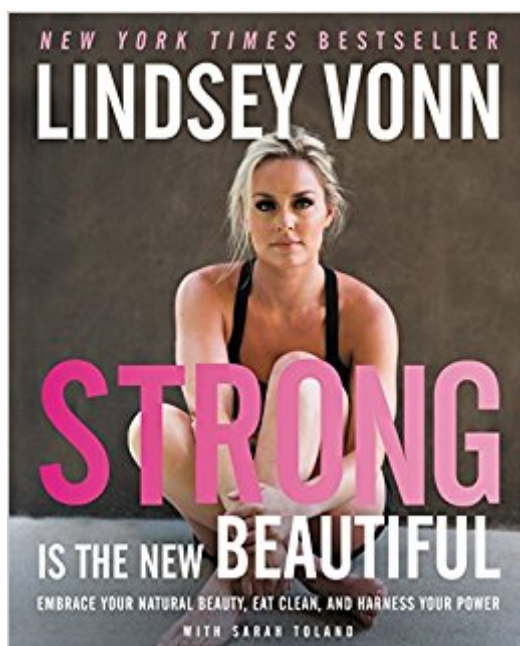




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# Strong Is The New Beautiful: Embrace Your Natural Beauty, Eat Clean, And Harness Your Power



## Synopsis

**NEW YORK TIMES BESTSELLER** Lessons in strength, fitness, food, and attitude from the popular world champion skier and beauty icon—Olympic gold medalist Lindsey Vonn. Olympic Alpine skier Lindsey Vonn wants women to stop thinking about "losing weight fast," and instead focus on loving their bodies for what they are and what they can do. Lindsey is a small-town Minnesota girl at heart turned world-champion skier, but that didn't come without hard work. In *Strong Is the New Beautiful*, Lindsey lays out the never-before-seen training routines and her overall philosophy that have helped her become the best female skier in the world—tailored for women of all shapes and sizes. Lindsey backs up her fitness program with advice on what to eat and how to work out, and kicks readers into high-gear, helping bolster their self-confidence and build a better body image, with the tips and tricks she's learned as a pro. This is Lindsey's regimen, and she encourages people to take from it what will work for them. She bounced back from injury not by doing every single thing a trainer said, but instead, by thinking about the fitness plan that would work for her, and eating the right foods that would make her feel and get healthy. In *Strong Is the New Beautiful*, she interweaves her training and diet regimen with compelling stories of her life growing up in the heartland, her love of skiing, the challenges she's faced—including injuries, illness, and depression—and her secrets to wellness, fitness, and recovery. Supported by cutting-edge science and the latest studies on health and exercise, filled with routines even those hitting the bunny hill of working out can master, and illustrated with dozens of workout shots and photos from Lindsey's own collection, *Strong Is the New Beautiful* will inspire and motivate you—whether you're an aspiring athlete, want to get back into shape, or are eager to up your game—to make your body stronger than ever before, inside and out.

## Book Information

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## Customer Reviews

â œWhile engaging readers with stories of her own successes and failures, Vonn presents a regimen thatâ™s authentic, accessible, and inspiring.â • (Library Journal)

Lindsey Vonn is an Olympic gold medalâ”winning alpine ski racer and a member of the U.S. Ski Team. The most successful female skier in history, she holds four overall World Cup titles. She was also an NBC news correspondent during the 2014 Winter Olympics, and is the founder of the Lindsey Vonn Foundation. She is currently training for the 2018 Winter Olympics, for which she has been named an International Games Ambassador. She lives in Vail, Colorado.

After suffering two ACL injuries and being able to come back stronger than ever, I love Lindsey’s take on the mental and physical aspects of going through an injury. The nutritional guidance is so spot on and really drives home the point there is no one size fits all meal plan that will help you lose AND maintain the weight lost! That has to all come from you and should be based around your preferences! Loved going through the exercises and seeing ones I can incorporate into my day to day routine! The book is overall 10/10 and exactly what I wish all women would pick up when they decide to start working out or changing their lifestyle!

I heard an interview with Lindsey Vonn on NPR, and I was surprised to find myself impressed with her take on our culture’s crazy obsession with female beauty which results in many women feeling they have no value unless the world finds them beautiful. I know very little about Lindsey Vonn outside of her impressive skiing accomplishments, so I was so excited at the thought of an athlete, who happens to be beautiful, refuse to allow her beauty to be the thing that defines her. Well, imagine my surprise when I purchased this book, and found page after page of what appeared to be glib exercise and diet advice, all with a focus on being lean, toned, and yes, beautiful. This interspersed with glamour shots of Lindsey, in tons of make up, hair blown out like a Maxim photoshoot, and the addition of a couple of chapters devoted to make up and hair. Huh? Yes, she is strong, and yes, she is beautiful, but it seems as if she, or the person who created the concept for this book, plays down her strength and plays up her beauty and sex appeal. Crazy mixed message. During the same NPR interview, a caller referenced Vonn’s instagram account and claimed the

exercise routines that appear there "motivate (the caller) to go the extra mile in the gym". Again, given Lindsey's apparent appeal to find value beyond beauty in women, I was surprised to find her instagram account filled with loads of super sexy bikini photos, and very little evidence of "strength". It would be fantastic to see a female athlete, who also happens to be beautiful, resist the urge to appeal to the lowest common denominator of society by proving her sex appeal, because to me that reinforces the message that even astonishingly talented female athletes aren't "good enough" unless they can prove they are sexy to men too. Disappointing, and not a book I want my daughter to read.

I bought it to find good workouts, and it has many, and different levels, well described and with photographs. The workouts are great, and even at the beginner level you push yourself hard. Thank you Lindsey Vonn!

I read the entire book the day it arrived and nearly wore out my highlighter - so much great information! Now I'm re-reading it and incorporating a lot of the material into my physical training routine. Lindsey has an exceptional story and great philosophy on the importance of focusing on being strong rather than on just losing weight. It is clear that being thin doesn't necessarily equate with being fit. I was already working with a personal trainer, but this book kicked my motivation to a much higher level.

I love Lindsey, her personality, her Snapchat and when she's on the TV with Bear Grylls, but this book... She's there only as a name and eye-candy. This book is 20% cut and paste from Wikipedia, 50% fitness and diet guide you can find in a poor woman's magazine, 20% exercise list that no serious athlete does - you know, the kind anyone can do on a carpet., and the remainder, my favorite, tips on make-up and hair routine. If you have ever seen Lindsey - do you think she would write "Do not do anything that makes you uncomfortable?" This book is a joke, especially compared to other respectable athlete's books.

This book had some interesting tidbits, but I didn't feel I learned anything I don't already know when it comes to diet and fitness. Perhaps this is geared more to beginners. I did enjoy her positive outlook and validation regarding women's bodies.

I really like Vonn's positive message, and how she encourages body positivity through her personal

experiences - it makes the book and advice much more genuine.

This book is not real in-depth, but it helps nail home the need to focus on strength and health versus scales and dress size.

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