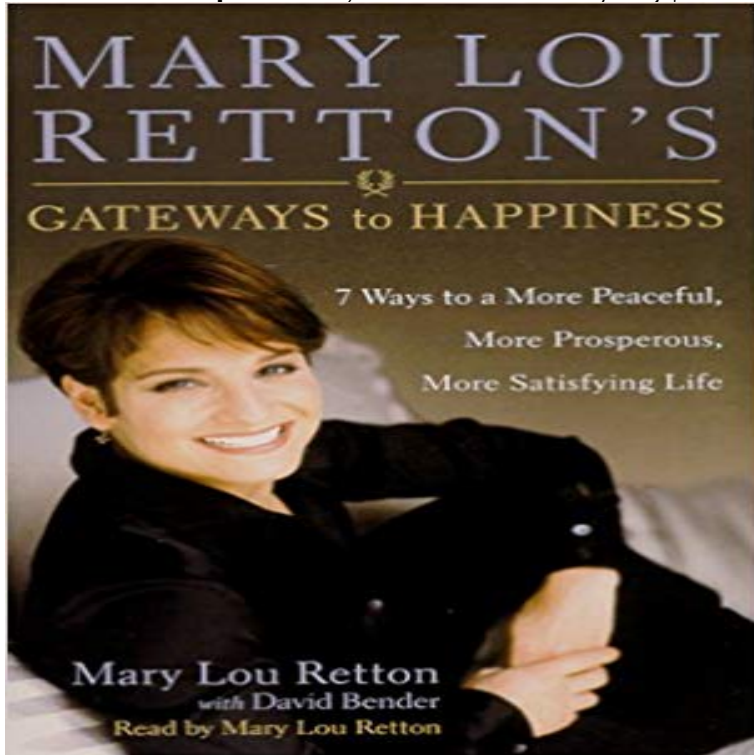


Mary Lou Rettons Gateways To Happiness : 7 Ways to a More Peaceful, More Prosperous, More Satisfying Life



3 Cassettes 5 hours, 15 minutes
Performance by Author
On August 3, 1984, at the age of 16, Mary Lou Retton became America's Sweetheart, one of the most recognizable faces in the world. Her Olympic gold medal-winning vault became a defining moment in sports - and the beginning of a career that would transcend gymnastics. Today, Mary Lou is a successful career woman, a wife, and the mother of two young children--and still a celebrity, appearing regularly on network television and in newspapers and magazines, as well as speaking to hundreds of thousands of people every year in public and corporate seminars. In the past two years she has been on the cover of People and Parade, and among athlete/celebrities, her Q rating is exceeded only by Michael Jordan and Tiger Woods. Now, for listeners everywhere, she shares the lessons she has learned through her athletic, professional, and personal struggles and triumphs. She explains how to set goals, how to stick to a game plan, how to organize resources, and how to cope with the inevitable setbacks and failures. With telling anecdotes from her own career and stories of the famous athletes and celebrities she has known, she tells how to integrate spirituality into every area of life, how to sustain belief in yourself, how to surround yourself with positive people, and how humor can help you reach harmony and contentment. From faith and family to health, confidence, and discipline, from the value of relationships to the role of communication, from the secret of laughter to the importance of confidence, she takes listeners on a personal path to success and happiness.

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