



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

Bob Richards

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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 incredible true 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, *The Heart of a Champion* captures Richards's contagious enthusiasm for individual greatness as well as the beauty of working as a team.

We all want to win, to get to the top, to reach our goals. Let these inspiring stories of hope and perseverance help you develop the heart of a champion.

Bob Richards is a champion all-around athlete, a former holder of the Olympic pole vault record, the Olympic gold medalist in men's pole vault for 1952 and 1956, and the former director of the Wheaties Sports Federation. In 1958 he was also the first athlete to appear on the front of a Wheaties cereal box.



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