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Zero Regrets: Be Greater Than Yesterday

Apolo Ohno

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Zero Regrets: Be Greater Than Yesterday Apolo Ohno
Over three consecutive Olympic games, Apolo Ohno has come to symbolize the very best of the competitive spirit—remaining equally gracious in victory and defeat, always striving to improve his performance, and appreciating the value of the hard work of training as much as any reward it might bring. In *Zero Regrets*, Apolo shares the inspiring personal story behind his remarkable success, as well as the hard-won truths and strategies he has discovered in good times and bad.

Raised by his single father, an immigrant from Japan who often worked twelve-hour days, the young Apolo found it difficult to balance his enormous natural gifts as an athlete with a wild, rebellious streak. After making a name for himself as a promising young speed skater, his career was almost over before it began when his lack of preparation caused him to finish last at the U.S. Olympic trials in 1998. A life-changing week of solitary soul-searching at the age of fifteen led him to recommit himself to his training, and at the 1999 world junior championships he won first place overall—one of the most remarkable turnarounds in sports history. From that moment on, the world of speed skating had a new champion and Apolo was on his way to legendary status.

Much more than an account of races won and lost, *Zero Regrets* is a compelling portrait of a father-and-son relationship that deepened over time and was based on respect, love, and faith in each other. For the first time, Apolo reveals what he knows about his long-absent mother; he makes us feel what it is like to face the best competitors on the planet with the eyes of millions of fans upon you; and he shares his secrets for achieving total focus and mental toughness, secrets that can be applied in situations well beyond sports. We learn the details of the unbelievably intense workout and diet that he endured while training for the 2010 Winter Olympics, a regime that literally reshaped his body and led to some of his most thrilling victories.

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