



Raising The Bar

Douglas Gabrielle

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After competing in the 2012 London Olympics and winning two gold medals, Gabrielle Douglas's life changed forever ? but in many important ways, it stayed the same. Inside these pages, Gabrielle shares an inside look at her day-to-day world, from the things that are still important to her---time with her friends and family, her favorite comfort foods, and her training routine---as well as what it's like to suddenly walk the red carpet and be interviewed by various people. Along the way, Gabrielle also offers tips on how you can raise the bar on your life and accomplish your dreams. Through candid photos taken by Gabrielle to exclusive images taken behind the scenes, experience what it's like to be an Olympic Champion and a normal teenage girl balancing a life in the spotlight with a life in the gym.

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