

# **Zero Regrets: Be Greater Than Yesterday By Apolo Anton Ohno**



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## **Olympian offers advice to students | the record**

Drawing upon the major points in his book, *Zero Regrets: Be Greater Than Yesterday*, Ohno regaled the audience with his story of growing up

## **Apolo anton ohno - nndb**

Tasmanian Devils (19-Jan-2013). Official Website: <http://www.apoloantonohno.com/>. Author of books: *Zero Regrets: Be Greater than Yesterday* (2010)

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## **Alan abrahamson joins usc annenberg staff – adweek**

his own Olympic-themed blog 3 Wire Sports less than a year ago. he co-wrote “*Zero Regrets: Be Greater Than Yesterday*” with Apolo Ohno

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## **No regrets sayings and no regrets quotes | wise old sayings**

Browse our collection of inspirational, wise, and humorous No Regrets quotes and You can't change yesterday or tomorrow. I will never regret loving someone because the feeling of love for five minutes is greater than an eternity of hurt.

## **Apolo ohno:" zero regrets: be greater than yesterday**

"*Zero Regrets: Be Greater than Yesterday*" book by aPOLO. Apolo Ohno Baby picture of Apolo Ohno Apolo Ohno has a lot to say about being

### **Who is apolo ohno? 5 things to know about the dwts all-stars**

wrote about his father's struggle to give him a good life in the touching prologue of his 2010 book, *Zero Regrets: Be Greater Than Yesterday*.

### **Zero regrets : be greater than yesterday : ohno, apolo anton. : book**

Speed skater Apolo Ohno has come to symbolize the very best of the competitive spirit, remaining equally gracious in victory and defeat, always striving to

### **Holiday hum: skaters, bakers & rockers at dolly's bookstore | shelf**

when Apolo Ohno, the author of *Zero Regrets: Be Greater than Yesterday*, glided into town for what turned out to be one of the store's biggest signings ever.

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in his deeply personal and entertaining new book, *Zero Regrets: Be Greater Than Yesterday*. Much more than an account of races won and lost, *Zero Regrets*

### **Apolo anton ohno in apolo ohno outside cw studios - zimbio**

CW studios in New York City after appearing on PIX 11 Morning News to discuss his book titled "*Zero Regrets: Be Greater Than Yesterday*".

### **Alan abrahamson | global sports forum barcelona**

co-wrote Apolo Ohno's « *Zero Regrets: Be Greater than Yesterday*. » Both books are New York Times best-sellers. Among other honors, Alan

### **Do you have zero regrets? olympic gold medalist apolo ohno in**

Apolo will be at Barnes & Noble in Colonie Center Mall at 11:00am to sign his latest book *Zero Regrets: Be Greater Than Yesterday*. For those

### **The “zero-regrets” mentality – viraj patel – medium**

short-track speed skater Apolo Ohno called “*Zero Regrets: Be Greater Than Yesterday*.” The title of the book immediately stood out to me...

### **Apolo ohno signs "zero regrets" | russo's books**

More than just a book that details Apolo's amazing career, it is an intriguing and us. Zero Regrets: Be Greater Than Yesterday Cover Image

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### **The development of coaching guidelines for instilling passion in sport**

In his biography Zero Regrets, Olympic medalist Apolo Ohno (2010) sums up passion by noting that it is a spark for .. Zero regrets: Be greater than yesterday.

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Zero Regrets: Be Greater Than Yesterday. OHNO, Apolo. With Alan Abrahamson. New York: Atria, 2010. Signed by the Olympic Champion Apolo Ohno on the

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### **Apolo anton ohno - ask, listen, learn**

If you can finish a competition with no regrets, you can walk away with your head Check out Apolo Ohno's Book "Zero Regrets Be Greater Than Yesterday"

## **February | 2015 | happy healthy hearts**

A year later I was inspired by Apolo Ohno speaking about his book 'Zero Regrets: Be Greater Than Yesterday'. Last year, I had the immense

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Featured images from Camilla Mingay's photography portfolio.

## **Zero regrets: be greater than yesterday - apolo ohno - google books**

Over three consecutive Olympic games, Apolo Ohno has come to symbolize the very best of the competitive spirit—remaining equally gracious

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## **The fortnightly: kelly corrigan, michael krasny, apolo ohno, and more!**

Olympic speed skater and television's Dancing with the Stars winner Apolo Ohno signs copies of Zero Regrets: Be Greater Than Yesterday

## **Tony soper - audiobook creation exchange (acx)**

Zero Regrets Sample. Category Bios & Performance notes: 2m minute sample from "Zero Regrets: Be Greater Than Yesterday by Apolo Ohno" Chapter three.

## **Apolo ohno has 'zero regrets' - the news-herald**

Olympic speedskater Apolo Anton Ohno has written a book titled "Zero Regrets: Be Greater Than Yesterday." He is coming to Lyndhurst for a

## **Zero regrets: be greater than yesterday: apolo ohno - amazon.com**

Zero Regrets: Be Greater Than Yesterday [Apolo Ohno] on Amazon.com. \*FREE\* shipping on qualifying offers. Now in paperback: gold medal-winning Olympic

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## **Zero regrets: be greater than yesterday by apolo ohno | jeffandwill**

Here are a few passages that stuck out for me from Apolo Ohno's biography Zero Regrets: Be Greater Than Yesterday: From page 153: "Dad

## **Alan abrahamson | usc center on public diplomacy**

co-wrote Michael Phelps' "No Limits: The Will to Succeed," and after the 2010 Olympics, he co-wrote Apolo Ohno's "Zero Regrets: Be Greater Than Yesterday.

## **Alan abrahamson | 3 wire sports**

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