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Golden Lily: Asia's First Dinghy Sailing Gold Medallist (Making Waves)

Lijia Xu

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The fascinating autobiography from Asia’s first ever dinghy sailing gold medallist. Learning to sail and becoming a full-time athlete at just 10 years old, Lijia Xu was taken away from her parents and enrolled on the gruelling Chinese training regime, a programme meticulously prescribed across all sporting disciplines to catapult the nation’s talented youngsters to international champions. A rare insight into a shocking world of relentless physical training and unquestioning mental compliance, Lijia’s honest and heart-felt account takes you on her journey from physical disabilities and debilitating injuries to learning to think for herself, eventually going on to achieve her dream of becoming an Olympic gold medallist. This is an inspirational story of a young woman’s will to succeed despite all that her background threw at her.

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