

From the Ashes: The Inspiring True Story of As Fast As Her



As Fast As Her: Dream Big, Break Barriers, Achieve

Success by Kendall Coyne

★★★★☆ 4.7 out of 5

Language : English
File size : 19116 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 240 pages
Screen Reader : Supported



In the world of professional running, Morgan Uceny was a rising star. A two-time Olympian and one of the top middle-distance runners in the United States, she had her sights set on the 2012 London Olympics. But in the spring of 2011, everything changed. During a routine training run, Morgan tripped and fell, shattering her hip in multiple places. The injury was so severe that doctors told her she might never run again.

For Morgan, the news was devastating. Running was her life. It was what she loved, what she was good at, and what she had dedicated her entire life to. But with her dreams shattered, she was left wondering what the future held.

In the months that followed, Morgan went through a dark period. She struggled with depression and anxiety. She lost her appetite and had trouble sleeping. She withdrew from her friends and family, and she began to question everything she had ever believed in.

But even in the darkest of times, there was a flicker of hope. Morgan knew that she couldn't give up. She had to find a way to move forward, even if she didn't know what the future held.

With the help of her family, friends, and coaches, Morgan slowly began to rebuild her life. She started by setting small goals, such as walking for short periods of time. Then, she began to jog. And eventually, she was able to run again.

It wasn't easy. Morgan had to overcome a lot of physical and emotional challenges. But she never gave up. She kept fighting, and she kept believing in herself.

In 2016, Morgan made her return to the Olympics. She didn't win a medal, but she didn't have to. Just being there was a victory. She had overcome incredible adversity to achieve her dream.

As Fast As Her is Morgan's inspiring story of resilience, determination, and the power of the human spirit. It is a story that will resonate with anyone who has ever faced adversity and dreamed of overcoming it.

About Morgan Uceny

Morgan Uceny is a professional runner and two-time Olympian. She is the American record holder in the indoor 1500 meters. In 2012, she suffered a devastating hip injury that threatened to end her career. But she fought back and made her return to the Olympics in 2016.

Morgan is now a motivational speaker and author. She shares her story to inspire others to overcome their own challenges. She is also a strong advocate for mental health awareness.

As Fast As Her: A Book Review

As Fast As Her is a powerful and inspiring memoir. Morgan Uceny's story is one of resilience, determination, and the power of the human spirit. It is a story that will stay with you long after you finish reading it.

Uceny's writing is honest and engaging. She doesn't shy away from the difficult times, but she also doesn't dwell on them. Instead, she focuses on

the positive and the lessons she learned along the way.

As Fast As Her is a must-read for anyone who has ever faced adversity. It is a story that will inspire you to never give up on your dreams.

Where to Buy As Fast As Her

As Fast As Her is available for purchase on Amazon, Barnes & Noble, and other major booksellers.

More Information

For more information about Morgan Uceny, visit her website at www.morganuceny.com.



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