

57 LESSONS For Real Life From **Olympic Athletes**

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Produced by The Happy Guy Marketing <http://www.seo-writer.com>

57 LESSONS For Real Life From Olympic Athletes

Where do you seek your inspiration? Who do you turn to for a pep talk? What have you learned from our greatest leaders and winners? Do you want to achieve great success in your life? Who can teach you the lessons of life?

Olympic Athletes can. Those champions who have been greatly challenged and have overcome the most grueling and demanding obstacles. Those top achievers who are now paid millions to be motivational speakers. Those same gold medalists who inspire us all to be our best and win, win, win! Our Olympic Champions have shared some great wisdom throughout the years. With their determination and courage, they have shared their deepest secrets of success, they have inspired the young to be their best, and they have won the hearts of people worldwide.

There are millions of motivational quotes that have inspired athletes and people around the world to be their best and to achieve the highest levels of success. They have inspired us all to be bolder, stronger, and to be our ultimate best! Every athlete at one time or another has had their tough times in competition and many of them have had glorious victories that have gone down in the history of time. Every Olympic athlete is challenged in mind, body and spirit every single day of their career and they push themselves to the limits to perform their best in every competition.

They keep motivated by the love of their fans, friends and family, and by their goals and dreams.

Do you want to win? Do you want to learn from some of our greatest heroes? Here is some wisdom they have shared. Wisdom that is sacred. Wisdom that cannot be found in just any book or TV show.

1

Bart Connor, Gymnast



“Chance can allow you to accomplish a goal every once in a while, but consistent achievement happens only if you love what you are doing.”
– Bart Connor

How can you achieve greatness? Always do what you love! If you find something you love to do, your chances of success will be much greater. Take a risk and seek out your true calling. If you don't take a risk, you might lose your chance of true fulfillment and happiness. Be bold and find something you love to do.

2

Dorothy Hamil, Figure Skater



“Every time you go out on the ice, there are slight flaws. You can always think of something you should have done better. These are the things you must work on.” - Dorothy Hamil

How often do we actually learn from our mistakes? How often do we listen? Learn from every experience you go through and try to work on your mistakes. We can not be too hard on ourselves, but we can learn from our mistakes and try to improve on our faults. There is always going to be something else we have to work on after we perfect the last. Life is all one big lesson and we learn everyday something new everyday. Keep your eyes open!

3

Brendan Hansen, Swimmer



"If I had to give one piece of advice it would be to never limit yourself. Never let someone tell you that you can't do something." - Brendan Hansen

Always listen to your heart! Never listen to the negative comments you hear in life. You can do anything you set your heart out to do. Life is about overcoming challenges and taking risks so you can achieve everything you ever want. Dream big and bold!

4

Bonnie Blair, Speed Skater



“I never could have achieved the success that I have without setting physical activity and health goals.” – Bonnie Blair

Set your goals high! Go for the gold in everything you do. Concentrate on taking good care of yourself, both mind and body. If you set your goals every time you come across a challenge in life, you are bound for success. Being goal oriented is a very important trait to have in this lifetime. Start by brainstorming and writing your goals down today. What do you really want in life?

5

Amanda Beard, Swimmer



“I concentrate on preparing for my race and let the other swimmers think about me, not about them.” – Amanda Beard

You are number one! When a tricky situation arises, worry about how you are going to manage it, not everyone else around you. You cannot hide from the world’s problems. Stand up to difficult situations and face your fears directly.

6

Dara Torres, Swimmer



“The water doesn’t know what age you are when you jump in, so why not?” (commenting on entering her fifth Olympics at age 41) – Dara Torres

You want to win right? Well then forget about limitations that people throw your way. Be all you can be at any age and set out for what you want. The way you feel in mind, body and spirit is what makes a winner, not a number.

7

Bruce Jenner, Decathlon



“To me, the definition of focus is knowing exactly where you want to be today, next week, next month, next year, then never deviating from your plan. Once you can see, touch and feel your objective, all you have to do is pull back and put all your strength behind it, and you'll hit your target every time.” – Bruce Jenner

What is your goal for today? Set a goal timeline and strive to reach each one step at a time. As you complete each goal you will move towards success and fulfillment. You will feel productive as you check off each goal in your timeline and it will increase motivation in your daily life. Be a winner and set your goals!

8

Greg Louganis, Diver



“I wished I'd learned earlier that I was a worthwhile person with better self-esteem, because not having it caused a lot of pain.” – Greg Louganis

How often are we our worst critics? If we learn to believe in ourselves at an early age we will only get better as we grow and learn from life's lessons. Listen to the encouragement around you and hold onto every compliment that you hear whether it is about your career, your looks, or your performance. Let them out way the negative comments and you will realize you deserve just as much as the next person.

9

Jackie Joyner-Kersey, Heptathlon



“The medals don't mean anything and the glory doesn't last. It's all about your happiness. The rewards are going to come, but my happiness is just loving the sport and having fun performing.” – Jackie Joyner-Kersey

Do you feel like a winner when you get that home run, win that contest or an award? Does it stay with you that long? Many of us get an adrenaline boost from winning, but it does not always last for that long. A quick rush of winning will fade away, but the work you put into your goal will stay with you forever. That is how you will find true happiness in what you do.

10

Cullen Jones, Swimmer



“I think a lot of people think of Cullen Jones as just a 50- freestyler..so I am going to turn some heads today.” – Cullen Jones

Want to surprise or shock the people around you? Do what others think is impossible. Break limits. Believe in yourself and try to exceed your own expectations. You are the only one that matters when it comes to achieving you goals and getting ahead in life. Just do it!

11

Dominique Dawes, Gymnast



“She said believe in yourself and believe in your dreams. I took away those words and will keep them in my memory for a lifetime.” – Dominique Dawes

How much do we often listen to the wisdom of our elders? Listen to people who have been in the same situation you have. Listen to their words of wisdom and remember them on your journey through life. You might find that their advice will get you through some hard times in life. Be open to the advice that comes your way.

12

Cathy Turner, Speed Skater



"All that work and I'm thought of as just a dirty skater, it would be nice to be recognized as a good athlete, the athlete that I am." – Cathy Turner

How often do we hold onto the past? Do your best to move on and put the past behind you. Sometimes one event in life can turn our lives around for the worse. Strive to be the person you are today, show your talent and shine in your performance.

13

Dr. Dot Richardson, Softball



“Women's fast pitch softball has demonstrated Olympic ideals and requirements. We continue to have our voices not heard by the International Olympic Committee to do what is just and fair for female athletes throughout the world who participate in the sport.”

-Dr. Dot Richardson

Stand up! Get your opinions and voice heard. Do not let someone or an organization keep you down from asking for what you want. Freedom of speech is a gift that we must use in this life. Speak now, speak loud!

14

Jason Lezak, Swimmer



“People always step up and do things out of the ordinary at the Olympics.”- Jason Lezak

Life is about ordinary moments. There is always something happening wherever you may look. Change is inevitable and people change and excel on a daily basis. We grow and learn through life to become our ultimate best. Step up and show the world your unique self!

15

Kristi Yamaguchi, Figure Skater



“When I first skated here, I definitely felt small out there because it is such a big surface.” - Kristi Yamaguchi

How often do we doubt our abilities? In the beginning of any challenge you may feel like you are not ready and not good enough. Do not let the larger and intimidating situations in life keep you back from getting what you want. Just be yourself and do what you know and you will succeed in your endeavors. We all have a purpose and we all have our own talent. Discover yours today!

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Paul Hamm, Gymnast



“I definitely have very fond memories of Athens for the most part. Just remembering the times spent with the team in the village and everybody working for that goal of the team medal. And also my individual performances, I remember those very fondly as well just because they're some of the greatest accomplishments I've had in my life.” – Paul Hamm

Are you independent or do you prefer to work in a team? Or both? The memories you create in your lifetime are yours to keep forever. Live boldly and bond with people. Do not be afraid to open up to others and join in their circle to work towards the same goal. Appreciate what you have done on your own to make it through life.

17

Rafer Johnson, Decathlon



“What I can tell them is the way you become an Olympic champion is to start working now. I tell them why it's always worth it to put the time and effort into something you want to be good at.” – Rafer Johnson

How much effort do you put into your work, relationships, life and daily experiences? Time and effort is how you will become a successful champion in all life's endeavors. Create a challenge for yourself everyday and make an effort to overcome it and achieve success. We have to work hard for our accomplishments. Stay strong and start making an effort today!

18

Carl Lewis, Track and Field



“Scientists have proven that it's impossible to long-jump 30 feet, but I don't listen to that kind of talk. Thoughts like that have a way of sinking into your feet.” – Carl Lewis

Use the facts of life as a challenge and never let anyone tell you something is impossible. Fight against the impossible and prove society wrong. Society cannot always be right. There are always limits to be broken. Never give up!

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Nadia Comaneci, Gymnast



“I don't run away from a challenge because I am afraid. Instead, I run toward it because the only way to escape fear is to trample it beneath your feet.” – Nadia Comaneci

Do you ever feel like you avoid things that are unfamiliar? How often do we run from our fears only to have them re-appear again and again? Face your fears at every chance you get. Take a deep breath and walk right on that stage, say that speech or go scuba diving. Once you face your fears and stop them from holding you back, there will no limit to what you can achieve.

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Karch Kiraly, Volleyball Player



“No volleyball play can begin without a serve, and the serve is the only technique that is totally under your control. In other endeavors, you cannot succeed without believing in yourself, and that belief is completely under your control.” - Karch Kiraly

How many times have you given up before you even started? Do you believe in yourself and your skills, talent or performance? Everything you do in life starts with you believing that you ‘can’ do it. You can't build a mountain without believing you can move the rock first. Look inside yourself and tell yourself, “I believe in me.”

21

Amy Van Dyken, Swimmer



“The most important lesson I've learned from sports is how to be not only a gracious winner, but a good loser as well. Winning is the easy part, losing is really tough. I mean, it's really tough to shake the hand of someone who just beat you, and it's even harder to do it with a smile. If you can learn to do this and push through that pain, you will remember what that moment is like the next time you win and have a better sense of how those competitors around you feel. -Amy Van Dyken

What do you do when you lose? How do you react? Play to win, but be a good sport in any game you play. Losing is just another way of learning. A mistake is a form of learning. Use this experience to your advantage and improve your performance. When you lose in anything, try to be calm, at peace and try, try, try again!

22

Phil Mahre, Skier - Slalom



“Often times, when you rise to the top, sometimes you get lackadaisical and don't put into it what you did to get there. It's easy to fall off.” – Phil Mahre

How do you use your energy? Do you focus on the tasks ahead? Keep your mind focused on your goal. Avoid distractions and don't waste your energy on trivial moments. It is easy to lose focus in life, but it can be re-gained by using the energy of your mind and body. Put everything you have into the goal you want to achieve.

23

Oscar De La Hoya, Boxer



“Whatever comes next for me, as far as boxing is concerned, I have no regrets. I would never change what I've accomplished and the history I've made.” – Oscar De La Hoya

Are you proud of yourself? Do you feel satisfied when you win? Be proud about your accomplishments throughout life. Enjoy the successes you have made and appreciate the talent that was given to you every day.

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Summer Sanders, Swimmer



“The things you learn from sports - setting goals, being part of a team, confidence - that's invaluable. It's not about trophies and ribbons. It's about being on time for practice, accepting challenges and being fearful of the elements.” – Summer Sanders

Do you center your life around material gain? What is important to you? Materials do not have any real meaning in life. It is how we present ourselves to those we love or care for and how we show our talent to the world. The most valuable thing in life is the lessons we learn and the challenges we overcome.

25

Brendan Hansen, Swimmer



“I love the support from the crowd. I just felt driven when every time I came out of the water the crowd was shouting and cheering me on.” – Brendan Joseph Hansen

How often do we appreciate those around us? If the people that surround you in life are supportive of whatever choices you make, then you are a very lucky individual. Supportive people can help you get through the good and the bad times that life throws at us.

26

Oscar De La Hoya, Boxer



“I’ve said for years, ... that my biggest heroes are school teachers. A good school teacher is like another parent.” – Oscar De La Hoya

Do you like your teachers? Or did you like them when you were in school? If you were lucky and had a few good teachers that truly inspired you, then you are most likely a success today. Teachers are individuals that, just like our parents, help us grow from the very beginning and then into adults. They guide us and offer us suggestions on our performance at school. Appreciate them for what they do and who they are.

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Bela Karolyi, Gymnastics Coach

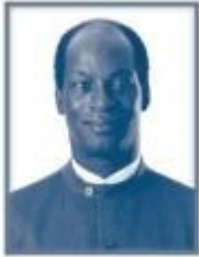


“Don’t let “anyone’s” reputation intimidate you. All it means is that they “used” to be good, they must prove that they still are.” – Bela Karolyi

Does someone intimidate you? Hold you back? Do not fear the competitors of the world and the success they have had. You can have the same success if you work at it. They always have to work hard to stay at the same status. Everyone starts at the same level, so don’t let anyone’s success hold you back from getting your own. It’s your time to shine!

28

Bob Beamon, Track and Field



“Whatever you do, don't do it halfway.” – Bob Beamon

When you do something, do it wholeheartedly. Do it with all of your might. Doing something only partially and without effort will not give you the results you want. Give it your all if it is something you truly want and you will get it. Don't hold anything back and go for it!

29

Brandi Chastain, Soccer Player



“After the '96 Olympics, we all started believing that this is bigger than we thought, and we were willing to do the work. We knew that it was up to us, the players, to make soccer successful.” – Brandi Chastain

Are you a team player? If you work as a team, you will reach the goals you want to achieve. Sometimes we have to take on large challenges that may seem fearful, but if you support each other and work together you will make it.

30

Carla Overback, Soccer Player



"We wanted to give back to the fans what they've given us, and that is unbelievable support throughout the World Cup." – Carla Overback

Do you give back to your society? To the people that surround you? Pay it forward. Giving and receiving is something that everyone should learn in life. Life is about sharing and supporting our friends, family, and peers. Tell someone you love them today, offer a smile or give someone a hug.

31

Carly Patterson, Gymnast



“I want to do it for myself. It's my goal and dream. All I can ask for is to get the chance and go out there and do the best I can, be as ready as I can.” – Carly Patterson

Is your dream your own? When you have a dream of your own, do it for yourself and nobody else. You can only be your best if you are doing it for yourself. When you get the chance at your dream, grab and hold onto it with all of your might. It's yours to win!

32

Chad Hedrick, Speed Skater



“I've never been in that situation before, crying before a race. I felt like a sissy.” – Chad Hedrick

How do you express yourself in moments of excitement or despair? Don't fear your weaknesses. Showing your weaknesses is actually a strength because many people bundle up their emotions inside and it effects them later in life mentally and physically. Let your feelings out whenever you feel you need to. People can cry for all types of emotions, from sadness to joy.

33

Cheryl Miller, Basketball Player



“My coach, Floyd Evans, took the same heat when he left me in. That's what this game's all about, special moments in special situations. Instead of people getting their feelings hurt, they should pat her on the back.” Cheryl Miller

Do you see the good in people's efforts? Unique moments in life are what we have to treasure. Do not take any slack for any risks you take. Being bold and decisive is a strong trait. Give back to others when they help you through unique moments in life.

34

Dan Jansen, Speed Skater



“Maybe that slip in the 500 actually helped, ... The 500, I was on the last turn and trying, maybe, to get too much out of it.... When I slipped in the 1,000, in a split second it went through my mind: 'Don't panic. Don't try to get it all back in one stride. Just ride it out and try to accelerate out of the turn.'”- Dan Jansen

Do you beat yourself up over mistakes or do accept them and learn from them? If you make mistake after mistake, do not take it out on yourself. Do not panic and keep focused on how you will make the mistake work for you and how you can succeed like Dan Jensen did.

35

Derek Parra, Skater



“He said he got up to the line and thought about his wife and daughter, and everything he had to be thankful for.” – Said after he won the silver medal in the 2002 Olympics - Derek Parra

What are you thankful for? Appreciate what you have in life and who has been supportive and loving. Look around you and improve yourself for you and your loved ones that care for you the most. Be thankful for what you already have in life, and stop focusing on how much more you can get.

36

Edwin Moses, Track and Field



“I always had to keep improving my skills in order to remain competitive and keep winning.” - Edwin Moses

Do you want to win? How will you improve yourself today? Work on yourself in spirit, skill, mind and body every day. Improve on what you want to excel in, and bring a better performance to the table every time. You can only get better if you make the effort. Effort equals success!

37

Emily Cook, Skier



“I'm never thinking 'injury' at the top of the hill. I've got my headphones in at all times. So even if (the announcers) are talking about 'Emily Cook broke her feet in 2002,' I don't hear them. I block it all out. I'm thinking technical. I'm thinking of when I need to set up, when I need to drop my arms ... whatever I need to do in the air. All you're thinking is positive thoughts.”

Do you listen to negative comments? Ignore negative comments that are thrown at you in your greatest moments and focus on yourself and on doing your best. Positive thinking can bring you success, happiness and all that you dream of in life.

38

Eric Heiden, Speed Skater



“I didn't get into skating to be famous.” - Eric Heiden

What do you love to do? What are your hobbies? Many people choose to do what they love and end up being successful before they know what hits them. If you enjoy what you do everyday, greatness can only come your way. Do what you love!

39

Jennie Finch, Softball Player



“I try to stay as low-key as possible, watch him pitch and eat some peanuts. If one person figures it out, they all do.” – Jennie Finch

Do you analyze how others deal with situation? Study other people's way of dealing with situations. You might learn something new. You might be able to improve on your skills and be even better. Every single person in the world has something that we can learn from them.

40

John Naber, Swimmer



“One of my favourite sayings I got off a soda bottle: NO DEPOSIT, NO RETURN. To me, that means you'll get out of life about what you're willing to put in.” John Naber

Do you believe in karma? If you are a good person in life and keep positive, good things will come your way. If you make little effort you most likely won't be a success. Every bit of success comes from working hard. Start building good karma today!

41

Edwin Moses, Track and Field



“I have been running under tremendous pressure recently,” he told *Sports Illustrated*. “Now I can get back to concentrating on running fast instead of worrying about winning all the time.”

If we focus on our own performance instead of obsessing about winning all the time, we will eventually win. Winning is only a short term feeling, but effort will show and give you a long term feeling of achievement.

42

Margaret Hoelzer, Swimmer



I try to help them with fundraising ... I am also starting to do some public speaking and public awareness. I want to try to get the word out on a national level. I want kids to know they are not alone. This is an organization that served me and helped me. This is a way for me to give back.” – Margaret Hoelzer

How do you give back to those that need it most? Did you get some help from someone while you were growing up? Spend some time giving some attention to those that need guidance and support. Use your experiences and let them learn from what you have been through.

43

Dan O'Brien, Decathlon



“Take pride in exactly what it is you do and remember it is okay to fail as long as you don't give up.” - Dan O'Brien

Don't ever give up! Failure is not the problem in life. We all make mistakes. Giving up in life is the problem. Strive to stay with what you are doing and see it out to the end, regardless of what your outcome is. Get motivated, be inspired!

44

Joe Frazier, Boxer



“Life doesn't run away from nobody. Life runs at people.” – Joe Frazier

Life will always throw us obstacles, tough circumstances and challenges. We have to accept that it is not going to be as easy as we like. There is change and there are hard experiences to endure. If we learn to handle these situations and ourselves, we will be ok. You cannot hide from life. Start facing your fears and you will achieve your goals and dreams faster than you know!

45

Jonny Moseley, Skier



“Now he's got it even worse because everybody wants a piece of him. But I think he should just block everything out, show up and finally win that thing.” – Jonny Moseley

How do you focus? If you are being hassled by other people, try to focus on you and what you want as an end result. Avoid people that are selfish and who like to use you, instead of support you and help you make it through.

46

Kaitlin Sandeno, Swimmer



"It's been a crazy last four years. I had a great experience in 2000, but I was not completely satisfied. I battled some injuries to get to 2004 and it's been the best year of my life." – Kaitlin Sandeno

How do you accept challenges? Do you accept them with open arms, or do you run? Sometimes you have to overcome many challenges to get what you want in life or to get further. Once you do, you will feel satisfied with yourself that you make such an effort.

47

Marla Runyan, Runner



"I wanted to run my race. I didn't want to sit there and play games and see who could kick the hardest. I wanted it to be a race." – Marla Runyan

How motivated are you? Do you want to jump right into life and live it to the fullest, or do you want to avoid all of its many circumstances? Life is meant to be lived, freely and passionately. Live for each day and go for what you want. Don't let anyone or anything stop you!

48

Josh Davis, Swimmer



"If I'm well enough to walk around with that extra blood in me, then why not give it to somebody else who needs it?" – Josh Davis

How often do we forget to share? Those who are giving in life are those who share some of their fortune or care. If you have something to share, then give to those that are less fortunate than you.

49

Nikki Stone, Skier



“Working with Right to Play has given me the chance to give back to those children who don't know the joys of sports and recreation. I think it's so important for every child to have the right to play because sports can shape an individual's confidence, self-esteem, morals, strength, and physical and mental well-being. With some children already going through such devastation in their lives, depriving them the right to play could deprive them of a chance to truly live a fulfilled life. Thinking of the smile that I can help put on the face of a small child, makes every effort worthwhile.” – Nikki Stone

If you have been given a gift in life, share it with the others in your community. Share some of the talent that you have with the younger generation. This can help them create their own goals and feel more motivated to try to achieve them.

50

Nastia Liukin, Gymnast



“I kind of wanted the perfect 10 to stay. But it was a good change. I'll get used to it and understand it more. Coming in, I wasn't sure what the concept was, but now I have a better idea.” – Nastia Liukin

A perfect 10 is a great achievement, but being perfect is always going to be a challenge. Whenever you find that you are under a 10, learn from it. Do not miss the chance to improve your performance.

51

Keri Walsh, Volleyball Player



“You touch every other ball and, if you screw up, you only have one more person to back you up. You can't go hide in the corner.” - Keri Walsh

Do you face problems? You can't hide from things that may come your way. You have to face problems that arise or obstacles that appear. Running will get you nowhere. Step up to the plate and take action. Every action we do will make us stronger.

52

Kerri Strug, Gymnast



“I have come to understand that every day is something to cherish.” – Kerri Strug

What are you thankful for today? Appreciate every day to the fullest. Grab onto every moment and learn from them. Life is so precious and should not be messed around with. Wake up in the morning every day and be happy you are breathing and alive.

53

Sasha Cohen, Figure Skater



“The best way I can prepare is to build up and be my best. What I've realized over the last two years is the only thing holding me back from being my best is me.” – Sasha Cohen

Who is your worst enemy? Sometimes our worst enemy can be ourselves. Some people fear success which can hold you back from achieving your goals and dreams. Let go of your fears and be who you are meant to be. Stress and fear only hold us back from what we truly want in life. Be yourself and you will succeed!

54

Lisa Fernandez, Softball Player



“You can feel people eyeing us when we walk into a gym, you can feel the tension and you know it's going to be a (great) game. It's amazing to be 17-1, but every game is so demanding.” – Lisa Fernandez

Are you number one? There is a great feeling in being number one, but being number one only means you have to work harder to keep that place. The greater the goal in life also means the more demanding life will become. Be ready for whatever comes your way. Keep focused!

55

Rulon Gardener, Wrestler



“Everyday I turned a 'you can't' into a 'you can,’” – Rulon Gardener

Do you have a ‘can-do’ attitude? Motivation, perseverance and a ‘can do’ attitude will get you everywhere in life. Keep away from people that tell you, you can’t do something as they are not healthy for you to be around. Stay positive and tell yourself you can do anything. Nothing is impossible!

56

Shannon Miller, Gymnast



“Other people may not have had high expectations for me... but I had high expectations for myself.” – Shannon Miller

What do you expect from you? Forget what other people want from you and remember what you want from yourself. Be yourself and never change for anyone else. You are number one and the one who has to do the work. Focus on your own goals to get to the top!

57

Picabo Street, Skier



“Nobody needs to prove to anybody what they're worthy of, just the person that they look at in the mirror. That's the only person you need to answer to.” – Picabo Street

Ever felt unworthy because someone told you ‘can’t’ do something? You are the only person you have to answer to in life. Nobody else.

About the Author

Evan B Morgenstein is the President and CEO of Premier Management Group. Morgenstein has built his career on developing corporate relationships and fulfilling each company's expectations with a work ethic and execution second to none. His team of world class professionals in his offices in New York, Los Angeles, Tucson and Raleigh/Durham know celebrity talent and the needs of the client.

About the Author's Company

Premier Management Group, LLC ("PMG") is a premier multi disciplined marketing, management and corporate consulting agency. Under the PMG banner are several best in class agencies. PMG Sports is the top Olympic Sports marketing and athlete representation firm in the United States with icons such as Dara Torres, Nastia Liukin, Mark Spitz, Bruce Jenner, Janet Evans, Amanda Beard, Aaron Peirsol and Cullen Jones to name a few. You can find out more information at www.pmg sports.com.

Gold Medal Greats, LLC ("GMG") was a concept long overdue, developed and crafted by many of the greatest of all time. Between them they possess hundreds of Olympic medals, numerous world records and the iconic status they so richly deserve. After years of seeing the market for Gold Medalists fragmented and completely without any direction, these icons felt the timing was perfect to start a company that could offer virtual services to athletes who have won Gold Medals, as well as corporations and outsourcing agencies/speaker's bureaus who really don't have a lot of experience at buying talent. Visit the site at www.goldmedalgreats.com.

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