

I'm human



Adam rippon book review

Former Olympic figure skater Adam Rippon shares his inspiring journey from struggling underdog to successful star in his hilarious memoir "Beautiful on the Outside". The book, described as "comedic gold" by the Washington Post, takes readers through his tumultuous past, from traveling to practices on a Greyhound bus with ex-convicts to being so poor he could only afford free apples at his gym. Despite facing numerous challenges, Rippon persevered with a smile and quick wit, eventually becoming a self-proclaimed American sweetheart on the world stage. The memoir explores his journey from a homeschooled kid in Scranton, Pennsylvania, to an Olympic medalist and LGBTQ advocate, featuring his highs and lows along the way. With Adam Rippon's signature humor and heart, "Beautiful on the Outside" is a must-read for fans of memoirs, sports, and inspiring underdog stories. I first discovered Adam Rippon during the 2018 Olympics and have been following him closely ever since. I think he's hilarious and doesn't take anything from anyone; seeing him on the world stage as an out, proud gay man really spoke to me as a queer woman who grew up without any representation. I had no idea how much work, money, and dedication went into becoming a professional skater until reading this book. The book details Adam's journey through his upbringing, struggles with skating and self-discovery of his sexuality. It was laugh-out-loud funny, especially the stories about him having accidents (I won't spoil it), and I experienced anxiety as he talked about qualifying for the Olympics. The author's ability to make me feel confident and capable each time I read this book is incredible. This autobiography has a self-help aspect, showing how Adam used his experiences to grow stronger. If the rink was his therapeutic place, then this book became mine. Below are some of his performances that he talked about in the book, and ... Also, here's a couple of his personal favorite exhibition skates: ... and ... Yes, you will probably laugh out loud reading Adam Rippon's Beautiful on the Outside. (That happened to me five times, twice in public.) If you're hoping for a sassy gay voice with this book, you're in luck. Double luck if you were also hoping for gems of skate-move wisdom from Kelly Rippon. There is a smattering of inside dirt, all the more delightful because it is meticulously worded and beyond reproach. I don't know if you'll cry, but I did. Once when Rippon paid tribute to Johnny Weir and Rudy Galindo for how they contributed to the sport before him as out gay men, and once when a story about Rafael Arutyunyan showed that Rippon had earned this coach's respect and affection. Most of all, this book gives you a close-up view of how this Olympic medalist's mind works. He acknowledges that he's not "a normal human, but then going to the Olympics is not something normal humans do." More than any other skating memoir I've read, this one demonstrates that championship skating requires just as much mental strength as physical training. Rippon's mental discipline is phenomenal, as is his ability to reframe setbacks and learn from them. The structure of the book is... Like Kelly Rippon's cheekbones, this book starts off with a dash of humor, tempered by a willingness to confront tough subjects head-on. The author takes us on a journey through the early years of Kelly Rippon, whose Olympic-level parenting skills are put to the test by her six rambunctious children. From childhood antics to high-stakes competition, we see how Kelly's unorthodox methods keep her kids on track - even when they're having meltdowns or getting into mischief. We soon discover that nobody is immune to the ups and downs of family life, and that it takes a special kind of parenting to navigate them all. Along the way, we meet Adam Rippon, who proves himself to be his mother's equal in dedication and perseverance. The Olympic Figure Skater Who Conquered Perfectionism and Found Support: Rippon's Road to Success To achieve greatness in figure skating, one needs an unwavering dedication to practice. According to Rippon, it's all about being prepared, even when the world isn't watching. One story that stands out from his experiences is how he would meticulously plan his jokes for interviews, ensuring a seamless transition between topics and avoiding any awkward silences. He drew inspiration from his competitors, including legendary choreographer David Wilson, with whom he shared an intense experience during a competition. However, it's not just hard work that makes Rippon tick; it's also the people who support him. His memoir reveals that former coach Nikolai Morozov was often absent due to financial struggles and other issues, while Rippon himself struggled with poverty and hunger, relying on free apples from his gym. Despite these challenges, he found love and connection through relationships, including a romantic partnership with fellow skater Yuna Kim. Rippon's journey is one of self-discovery, growth, and acceptance. He shares stories of the support network that helped him along the way, including officials and staff from U.S. Figure Skating, and friends who stood by him during his coming-out process. His memoir serves as a testament to the power of community and the importance of embracing one's true self. Rippon's memoir is a delightful read, blending humor and authenticity. He tackles an unpleasant ex in a satisfying way without being vengeful. The book focuses on his process rather than medals, discussing mental aspects of recovery from injury. Rippon shares his intentional strategy for staying authentic, which he believes holds skaters back when they're not true to themselves. His Olympic programs demonstrate this approach, showcasing his mental presence and pacing. Rippon also opens up about his birthday and jokingly requests a nice muff as a gift, given the sacrifices his mother made for him to pursue figure skating. The memoir covers his childhood in Scranton, Pennsylvania, to his years living with a Russian coach in Toronto and his independent struggles later on. It's a heartwarming story of life lessons learned. Rippon is not only an accomplished skater but also a thoughtful LGBTQ rights advocate. His memoir is a testament to his thoughtfulness and assertiveness as a spokesperson for the community. Overall, this book conveys a tone of authenticity without being too serious or performative. Adam Rippon's memoir "Beautiful on the Outside" is a captivating read that feels like a one-on-one chat over coffee, making it hard to put down. His storytelling ability is unmatched, delivering snarky quips with ease, and his honesty about struggles with finances, mental health, and coming out as gay will resonate with many readers. As someone who grew up in the tropics without knowing the Winter Olympics existed, I was fascinated by figure skating legends like Michelle Kwan. Adam's memoir not only teaches you more about this sport but also makes you laugh out loud and feel like a close friend, sharing all his secrets with you. His personality shines through in every story he tells, making it a truly hilarious read when listened to on audio. The book balances serious moments of training and growing up with lighter moments of humor and commentary. It's clear that Adam Rippon is not only beautiful on the outside but also incredibly strong inside, making this memoir a must-read for anyone looking for an engaging and inspiring story. Adam Rippon's Memoir Is A Hilarious and Heartwarming Page-Turner That Will Leave You Laughing and Inspired The American figure skater shares his life story in an open and honest way that feels like a message from a friend. Rippon writes candidly about his strained relationship with his mom, which he believes was partly due to his skating career, and also discusses the challenges he faced as a young boy, including eating disorders and physical difficulties. Despite being only 29 years old, Rippon's experiences are remarkably well-rounded, covering everything from the early mornings and long training hours to competitions and personal struggles. The book is full of humor, wit, and positivity, making it an absolute page-turner that will leave you laughing, crying, and cheering for more. Sweet memoir about overcoming adversity. Adam Rippon shares his remarkable story of perseverance and success - no overnight sensation, but a true inspiration to many. As a longtime figure skating fan, you'll adore his witty personality and outspokenness, which endeared him to fans worldwide at the 2018 Winter Games. The book delves into intimate details about Rippon's life, including his tough relationships with family members, a rocky post-juniors skating career, financial struggles, and a nerve-wracking injury. This memoir is a heartwarming, funny, and inspiring tale that's not too sentimental or hokey. It's a must-read for anyone looking for an uplifting story without the drama. His stories are hilarious yet poignant, filled with self-reflection. Although some parts left me disappointed, I found that he acknowledges his mistakes, personal growth, and the people who supported him. The audiobook provides valuable insights into professional skating and its costs - financially, physically, emotionally, and personally. While it's a light read, there are also amusing anecdotes about his childhood, relationships, and competitions. Adam Rippon, a figure skating Olympian, made his team despite being at the peak of his skating abilities. He reminiscents about how people connected with his story and his perfect teeth, which he achieved through Invisalign treatment. Rippon's passion for ice skating started when he was just five years old, after seeing an image on a popcorn tin that sparked his interest in getting a white muff like the one held by a female skater. Over the next decade, he began competing and winning medals at local, national, and international competitions, including becoming the first openly gay U.S. athlete to win a medal at any Winter Olympics. After his win, Rippon's popularity soared as he attended high-profile events such as the Academy Awards and Dancing with the Stars, where he won a season. His memoir, "Beautiful on the Outside," is a feel-good story that showcases his winning personality, making it a delightful read even for non-sports fans. Reviewers praised Adam's strong and entertaining voice, which makes the story of his journey to and past the Olympics an engaging read. The book highlights Adam's hard work, passion, and perseverance, particularly in his relationships, where he shows empathy towards himself and others. Many reviewers highly recommend the audiobook version for its entertaining storytelling and Adam's ability to deliver a captivating narrative. I'm a huge fan of figure skating and competitions, and I love Adam Rippon's mom! His book was life-changing for me - it made me laugh and cry at the same time, especially when it came to drug testing. I'm eagerly awaiting more writing from him as he takes on new ventures. October 23, 2019 Adam Rippon is a national treasure. December 5, 2019 This memoir shares Adam's journey as an American figure skater who made his dream of competing at the Olympics come true. The book takes you on a rollercoaster ride of happy and sad moments, making you feel like you've known him all your life. Adam Rippon, an openly gay athlete, always felt out of place due to being the eldest of six children raised by their mother. He struggled with perfectionism and felt he never met his parents' expectations. Adam found solace in figure skating, which became his passion after pretending to faint at baseball practice and finding good luck in his bedroom closet. Despite being a latecomer, he quickly improved and reached the level of those who had been training for years. I loved this book not only because I'm a figure skater but also because Adam's bright personality shines through every word. You can feel a sense of connection with him throughout the book. I highly recommend it to anyone looking for humor and insight into someone else's life. November 13, 2019 I wasn't sure what to expect, but this book surprised me by being hilarious and thought-provoking. Even non-skating fans will enjoy the behind-the-scenes stories. December 31, 2019 This was a fun book that felt like Adam Rippon was saying the words as I read them. He's funny throughout, but you also see how hard he worked to get to the Olympics and the sacrifices his mom made for him. He's an inspiring person.

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