

My Life In and Out of Curling: A Journey of Ice, Passion, and Triumph



Throwing Rocks at Houses: My Life in and out of Curling

★★★★☆ 4 out of 5

Language : English
File size : 2607 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 256 pages

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From humble beginnings in a small Canadian town to standing on the podium at the Olympic Winter Games, Shandi Sinnamon has lived a life filled with passion, perseverance, and triumph.

In her captivating memoir, *My Life In and Out of Curling*, Shandi shares her inspiring journey with readers. From her first hesitant steps on the ice to her rise to the top of her sport, she recounts the challenges and triumphs that have shaped her life.

With candor and humor, Shandi reflects on her early days as a young curler, her struggles with self-doubt, and her determination to succeed. She shares the lessons she has learned about teamwork, perseverance, and the importance of following your dreams.

But *My Life In and Out of Curling* is not just a story about sports. It is also a deeply personal story about a woman who has overcome adversity, both on and off the ice. Shandi opens up about her struggles with mental health, her experience as a survivor of sexual abuse, and her journey to becoming a mother.

Through it all, curling has been a constant source of strength and support for Shandi. It has taught her the value of hard work, discipline, and perseverance. It has also given her a sense of community and belonging.

My Life In and Out of Curling is a must-read for anyone who has ever dreamed of achieving great things. It is a story of hope, inspiration, and the power of the human spirit.

About Shandi Sinnamon

Shandi Sinnamon is a two-time Olympic medalist, three-time world champion, and six-time Canadian champion curler. She is one of the most decorated female curlers in history.

After retiring from competitive curling in 2018, Shandi became a coach and commentator. She is also a motivational speaker and author.

Shandi is passionate about sharing her story with others and inspiring them to reach their full potential.

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