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Determined

Jordan Prokell

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When she was a little girl, Jordan Prokell wanted to learn how to do a cartwheel. She enrolled in a gymnastics class and instantly fell in love with the sport. In the summer of 2015, when she was twelve, Jordan was training 30 hours a week and starting to burnout. The training was hard mentally and physically and she had days when she wanted to quit. Her body wouldn't cooperate and she started to experience pain in one of her elbows. That pain became a journey that she wrote about in a journal which turned into this book. This is Jordan’s story of perseverance and how she learned to be...determined.

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