

# Dina Asher-Smith: Ultimate Sports Heroes

Dina Asher-Smith is one of the most successful British athletes of all time. She is a multiple Olympic and World Championship medalist, and holds the British record for the 100 meters. In this book, Dina tells the story of her life and career, from her early days as a promising young athlete to her rise to the top of the sport.



## Dina Asher-Smith (Ultimate Sports Heroes): Going for Gold by Charlotte Browne

★★★★★ 5 out of 5

Language : English  
File size : 992 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 89 pages  
Screen Reader : Supported



Dina shares her insights on training, nutrition, and mental toughness, and offers advice to young athletes who aspire to achieve their goals. With stunning photography and inspiring quotes, Dina Asher-Smith: Ultimate Sports Heroes is a must-read for any fan of athletics.

## Table of Contents

- Chapter 1: The Early Years
- Chapter 2: Rising to the Top

- Chapter 3: The Olympic Dream
- Chapter 4: World Champion
- Chapter 5: The Road to Tokyo
- Chapter 6: The Future of Athletics

## **Reviews**

"Dina Asher-Smith is an inspiration to us all. Her story is one of hard work, dedication, and never giving up on your dreams. This book is a must-read for any young athlete who aspires to achieve their goals."

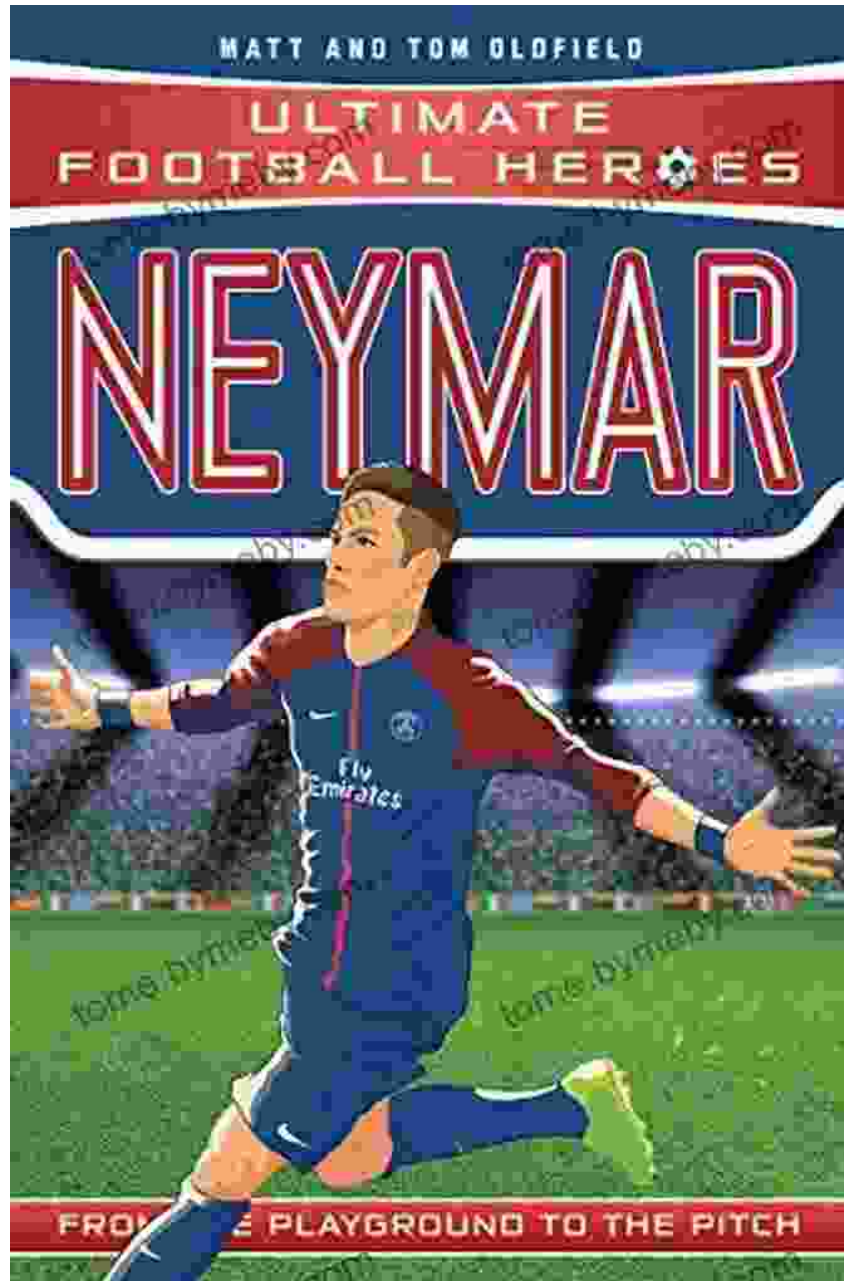
- Sir Mo Farah, Olympic champion

"Dina Asher-Smith is a role model for young people everywhere. She shows us that anything is possible if you set your mind to it. This book is a must-read for anyone who wants to achieve their dreams."

- Dame Jessica Ennis-Hill, Olympic champion

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Dina Asher-Smith: Ultimate Sports Heroes is available now from all good bookstores. Free Download your copy today and be inspired by the story of one of the most successful British athletes of all time.



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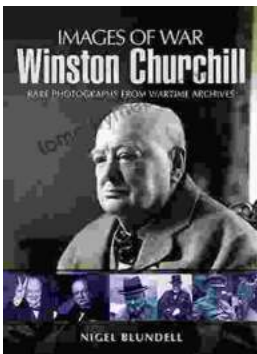
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