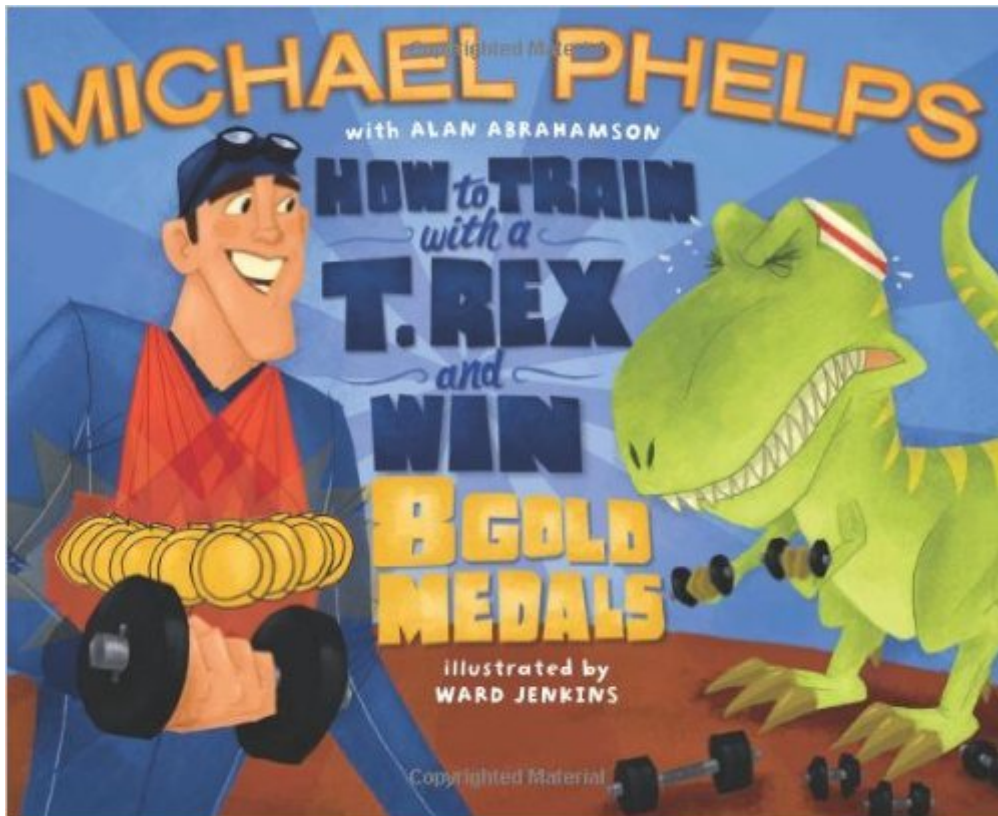


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# How To Train With A T. Rex And Win 8 Gold Medals



## Synopsis

What does it take to win eight gold medals? Napping away three summer vacations? Eating enough broccoli to fill the back of a pickup truck? Swimming the length of the Great Wall of China three times?

## Book Information

Hardcover: 32 pages

Publisher: Simon & Schuster Books for Young Readers; 16093rd edition (June 2, 2009)

Language: English

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Product Dimensions: 11 x 0.4 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #581,941 in Books (See Top 100 in Books) #45 in [Books > Children's Books > Sports & Outdoors > Olympics](#) #85 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #118 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

This book is great! My son is a huge fan of Michael Phelps, and this is a wonderful book that explains how hard Phelps had to work to win 8 gold metals. This book does a fantastic job of presenting math and numbers to kids. Phelps presents the information in a fun and informative way, ensuring kids can relate to the facts, and can see real world applications for math. My son and I met Phelps during his book signing tour back in December, ("No Limits: The Will to Succeed") and the way Phelps treated my son and all the other kids proved that he is an excellent role model and a real American hero. I am pleased that he wrote this children's book, giving fans of all ages the chance to appreciate what a superstar he truly is.

Ward Jenkins illustrations in this book are of superior quality. And you learn a little about Michael and Herman too! How to Train with a T. Rex and Win 8 Gold Medals

After watching my kid go nuts watching the excitement of Michael Phelps at the Olympics, I quickly

looked up stuff on that would spark his interest. I found this book which is PERFECT for a 7 year old boy! The story is pretty good and easy to read aloud, and the pictures are entertaining and colorful. It's just long and short enough to be a great bed time read. It's got a motivating story line and will keep young kids interested long enough to make purchasing worth it. All in all, if you're child is into Olympic Swimming and/or Michael Phelps, they will surely appreciate this book!

Cute book! My daughter (age 8) says it's her favorite book... most likely because Michael Phelps wrote it. She is quite the fan! She is an avid swimmer and has stretch goals to also become an olympic swimmer one day. My husband thought that the book was very "Me" and "I", a trumpeting your own horn type of book, but it is fine for little ones. Although my 8 year like it I think the book is more suited for a younger child 4-5 years old unless they are very interested in swimming. The illustrations are appealing and fun.

Regardless of whether or not you or your child is a fan of Michael Phelps, this book is a great read for kids! The message is that you can do anything you set your mind to IF you are willing to work for it, and work HARD. This book does a great job of explaining things to kids in a fun way which they can understand, such as that eating 10,000 calories a day is like eating 912 pizzas a year.

Furthermore, Phelps explains about the rigorous and demanding training schedule he endured for six years in order to win those medals, and he does it in a way that kids won't find boring. I would agree that Phelps does not come across as being humble in this book, and he does not share credit for earning those eight medals. I wouldn't call it bragging, though. This book isn't about being humble or about the importance of teamwork. If you are a collectivist, this isn't a book you'll enjoy, and it isn't a book you're going to want your children to read. However, if you are an individualist, and you are raising your children to be individualists, then this book does a great job of explaining what it takes to be great. Not everyone has the skill, desire, or perseverance to achieve greatness (and that's okay!). Greatness isn't easy. It's not supposed to be.

Very. Difficult. This is a great book that lets a child visualize exactly how difficult it is to train for something big. It's a simile book -- a true one. No days off for 6 years. That's a kindergartener's whole life! 10,000 calories a day. That's like eating 912 pizzas per year. That's a half a ton of pizza. Lots and lots of visual comparisons to show and tell your child what repeated practice toward a goal can add up to. Fascinating book. Michael Phelps has the gold medals to show it, but your child's goal could just as easily be the next piano recital, or entering a photography contest, or

earning their first \$1000.00Love it.

Wish Phelps wouldn't have gotten himself in trouble with the media right after this cute book came out. Ward Jenkins is an excellent illustrator. Really makes the book adorable and readable with the fun pictures!

A very arrogant, egotistical book. No credit to anyone but himself. I agree, it took a lot of discipline and hard work on his part, but I'm sure he didn't do it alone. My 5 year old liked it okay, but actually expected it to have more to do with the T. Rex. He was really bored with the book.

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