

The Renaissance

2008-09: volume 8



Bonnie St. John at the Renaissance Theatre, October 14, 2008, 7:00 PM

Bonnie St. John is an author, inspirational speaker, Olympic champion, executive coach, TV personality, mother, and seeker of wisdom. Bonnie has suffered through many of the difficulties most discussed today: abuse, divorce, disability, and struggles related to gender or race. Despite these challenges, she has relentlessly sought ways to stay positive and live joyfully no matter what life dishes out. Her deep sense of peace and joy in life has inspired millions of people to want to know what she has learned about finding joy in a crazy world.

Her message of falling down and getting up—in life, at an Olympic ski race, or in business—has been sought after by CEOs, recognized in the White House, celebrated on a Starbucks Cup and honored with a doctoral degree for her lifetime commitment to motivating people. More than hope, Bonnie provides practical tips, step-by-step directions, and presents the very latest in social research in an easy-to-use way. "Everyone has the God-given capacity to live joyfully—it doesn't depend on your circumstances. But it does require that you make the choice to identify your joys in life and take action to reach them."

Simply meeting Bonnie has been a life transforming experience for many people. "If a one-legged, African-American girl from San Diego with no money and no snow can go to the Olympics as a ski racer..." people think to themselves, "surely I can follow my dream and find the joy in my life."

Bonnie was the first African-American to win Olympic medals in ski racing, winning a silver and two bronze medals in the 1984 Paralympics in Innsbruck, Austria. She graduated with honors from Harvard University and won a Rhodes Scholarship to Oxford. She was appointed to the White House National Economic Council, featured on *The Today Show*, *Montel Williams*, *CNN*, *Good Morning America*, as well as *People magazine*, *the New York Times*, *Essence* and many others. Bonnie has been critically acclaimed as an author; and she is one of the most highly sought after keynote speakers in the country.

Bonnie's experience of bouncing back from adversity has taught her that there is no "magic bullet" that solves all problems with the snap of a finger. No one diet works for all body types. No one type of emotional support or healing works for all personality types. Bonnie has discovered that the secret to her resilience and personal growth is building a patchwork quilt of solutions just for her: various exercise programs, support of friends, spending time in nature, seeking expert knowledge, reading books, and of course, always relying on prayer for guidance. What goes into your own patchwork quilt won't be the same as what worked for Bonnie. Sometimes it takes trial and error to find the path that is just right for you. But her goal is to always present a myriad of choices to help make the decisions easier and the ultimate path to joy clearer for a variety of people.



The Way I See It # 165

I was ahead in the slalom. But in the second run, everyone fell on a dangerous spot. I was beaten by a woman who got up faster than I did. I learned that people fall down, winners get up, and gold medal winners just get up faster.

-- Bonnie St. John

In 1984, she was the second-fastest amateur skier in the world, and the



Bonnie is committed to helping you with the never-ending journey of finding new ways to clear out old cobwebs and living with more and more joy in your life. God gives us our lives like he gives us a garden—we still have to weed it, learn about its plants, and put love into it every day.

Faith gives us the strength to take action, become a better gardener, and watch our lives blossom as they were meant to do.

Books by Bonnie St. John:

How Strong Women Pray

Money: Fall Down? Get Up

Getting Ahead at Work Without Leaving Your Family Behind

Join Bonnie's blog on her website: www.bonniestjohn.com

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