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Chalked Up: Inside Elite Gymnastics' Merciless Coaching, Overzealous Parents, Eating Disorders, and Elusive Olympic Dreams, is a brutal book. And I mean that as a compliment.

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Everything that she and her family went through to get to that pinnacle is chronicled in her memoir "Chalked Up." It is an honest look at the life of elite gymnastics, a sport in which many participants retire from the sport before obtaining a high school diploma. Sey covers a lot of topics in the book as the title implies.

Elite Gymnastics Not All It's 'Chalked Up' to Be : NPR

In 2008, she published Chalked Up: Inside Elite Gymnastics' Merciless Coaching, Overzealous Parents, Eating Disorders, and Elusive Olympic Dreams. The book details her career as an elite gymnast, including her experience at the Parkettes National Gymnastics Training Center in Allentown, Pennsylvania. She has also written and produced two short films.

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Chalked Up Inside Elite Gymnastics' Merciless Coaching, Overzealous Parents, Eating Disorders, and Elusive Olympic Dreams. by Jennifer Sey

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