

**University of Minnesota Press to publish memoir of 2018 Olympic gold medalist
and U.S. Women’s National Cross Country Ski Team member Jessie Diggins**

MINNEAPOLIS, MN (December 14, 2018)—The University of Minnesota Press is pleased to announce the forthcoming publication of *Brave Enough*, the memoir of 2018 Olympic gold medalist and U.S. Women’s National Cross Country Ski Team member Jessie Diggins in Spring 2020.

In *Brave Enough*, written with journalist Todd Smith, Jessie Diggins shares her own story for the first time. It is an intimate look into the life of an internationally recognized sports star, one filled with her trademark energy, grit, and glitter. The core of *Brave Enough* traces her amazing journey from her childhood in Afton, Minnesota into the history books of sports. Diggins details her meteoric rise as an elite youth athlete who turned pro straight out of high school, and her dazzling athletic achievements on the world stage (she is a four time World Championship medalist and one of the most decorated women’s winter athletes of all time). And, of course, *Brave Enough* gives readers an unprecedented look inside one of the greatest sports moments in our nation’s history—her historic 100-meter sprint to the finish line for gold at the Pyeongchang Olympics.

Brave Enough is also more than just the title of Diggins’ memoir; it is her mantra. Using her platform as an Olympian and World Cup athlete, Diggins fights for the causes that she is deeply invested in. She addresses the importance of girls’ participation in sports, and her fight for positive body messaging for young female athletes. A national spokesperson for The Emily Program, Diggins also shares the gripping story of her personal struggle with bulimia, an eating disorder that almost took her life.

Brave Enough is an engrossing, unique book that features a young woman at the height of her athletic prowess and international popularity who is also calling for societal change. Diggins beautifully intertwines her Olympic gold medal heroics with her effervescent spirit in a candid memoir full of humility and humor that will inspire audiences the world over.

For more information or to receive a galley copy of the book when available, contact Heather Skinner, Publicist, at presspr@umn.edu.

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