



## PREFACE

### LINDSEY VONN

The mountain world is where I feel the freest, the most empowered, and the most present—a place where anything is possible.

When you're at the top of the mountain, you look down and see a world of possibilities. What the mountain has taught me is that there are a million ways to go from the top to the bottom, but it's up to you to choose your own path, to choose your own mountain. I find it a very good metaphor for life. I've always felt that people have wanted me to be a certain way, or do a certain thing, and the mountain always showed me that I could be anything I wanted to be, and that I didn't need to conform to anything. It also teaches you grit and determination. Everyone falls in the mountain; it's just impossible not to. But the exercise of picking yourself back up and making your way to the bottom, and doing it over and over again, ingrains

an important level of understanding about what perseverance and overcoming adversity look like—even if only in a small way.

A perfect day on the mountain, at this point in my life, would be a powder day, one that I'm making the first tracks on. I love skiing in the trees; anytime there's good tree skiing with powder, I'm happy. If it's a good day—the perfect day—I would be on the mountain from sunup to sundown. I've had a lot of different experiences in different mountains, and a lot of exceptional racing experiences—in Lake Louise (Canada), Val-d'Isère (France), and Cortina d'Ampezzo (Italy), which are also some of the most beautiful mountains I've been to thus far in my life—and I grew up in Minnesota skiing every night under the lights. At the top is where I'm most at home. You have the best view—and it's all downhill from there.