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In just four years, Jeremiah Brown  
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To the Olympic podium in a sport he had never tried before. Discover how Jeremiah's Big Goal mindset can help you adapt to change, accelerate growth, and propel your team to podium performances. **LEARN MORE.**

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Incarcerated at age seventeen and becoming a father at nineteen, Jeremiah Brown manages to grow up into a responsible young adult.

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From First Stroke to...  
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The Four Year Olympian is a book written from the personal perspective of Brown from his teenage years and (Spoiler alert!) details his journey to realize his dream of becoming an Olympic athlete. Get Back On Your Feet

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An Olympiad is a period of four years associated with the Olympic Games of the Ancient Greeks. Although the Ancient Olympic Games were

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Established during Archaic Greece, it was not until the Hellenistic period, beginning with Ephorus, that the Olympiad was used as a calendar epoch. Converting to the modern BC/AD dating system, the first Olympiad began in the summer of 776 BC and lasted until the summer of 772

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BC, when the second Olympiad would begin with the commencement of the next games. Thus,

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Olympiad - Wikipedia

The Olympic Games were part of the Panhellenic Games, four separate

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Games held at two- or four-year intervals, but arranged so that there was at least one set of games every year. The Olympic Games were more important and more prestigious than the Pythian , Nemean , and Isthmian Games .

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to improve and getting better.

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However, The Four Year Olympian is sly and Jeremiah wrote it with intent that isn't necessarily clear in the first chapters. It's about so much more than the talent and willpower it takes to perform at the highest level. It's also about mental health.

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This is a list of host cities of the Olympic Games, both summer and winter, since the modern Olympics began in 1896. Since then, summer and winter games have usually

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celebrated a four-year period known as an Olympiad; summer and winter games normally held in staggered even years.

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List of Olympic Games host cities -  
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