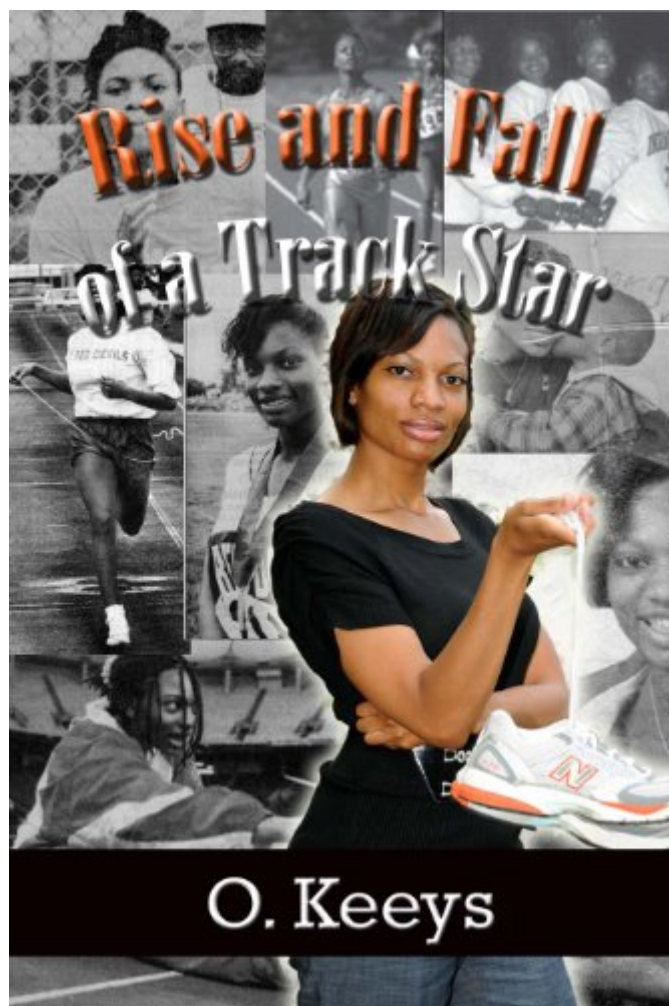


The book was found

Rise And Fall Of A Track Star



Synopsis

From Pan Am Game bronze medal winner to All American, Omega Keys was once touted in Track Magazine as one destined for greatness, but walked away from it all. Rise and Fall of a Track Star is Omega's first-hand account leading her to the breaking point. For years Omega held on to the shame of a dirty little secret, one too common in the African American Community. Through her memoirs Omega takes you on a journey through her childhood onto her adult years. Her struggles as a teenage mother is only a checkmark on the list of life altering experiences, ones she hopes young girls and women can learn from. Omega has one goal with her story, to educate, help others, and to release the long carried shame.

Book Information

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Customer Reviews

I just finished this book purchased it a yr ago started it but situations occurred and I had to put it down. But I remember I didn't finish I read the last 75% in two days while working. Great story her story is a lot of our stories. Don't be so quick to judge try to get to the root of a problem if you see something going on.

I recently had a chance to read a very deep and heartfelt story, "Rise and Fall of a Track Star". It was a look inside the life of, Author Omegia Keeys, a woman who endured a life of struggles and pain from abuse, trust issues, depression and teen-age pregnancy, growing up. She was able to put away most of what she was going through on track. Running track was an escape for her and where she rose to star status only to walk away from it all later. While some of us who may have gone through similar things in life, choose to stay silent, she has taken the step to speak out and share her story with the world. This takes and shows a woman with courage who is able to reach in to pull out that inner strength. Not only has sharing her story helped her to become stronger but this story, I'm sure, will help the many other's going through similar things in their lives. I applaud her and wish her continued strength.

In her latest offering novelist Omegia Keeys has penned her memoirs, Rise and Fall of a Track Star. While some may think it is much too soon for such a writing, Ms. Keeys has a life time of experiences with which to share. From growing up in Indiana to going off to college her stories of abuse by those she trusted makes the reader cheer as Omegia continues to win at track. Her escape and a saving grace against the inflicted cruelties give credence to an otherwise dreadful tale. With strength and determination, Ms. Keeys' honest approach to her story lets us in on the secret that is for some a hard pill to swallow. Nonetheless, it is her story and one that should garner four stars.

This book was awesome. This author is a splendid writer and the reading is interesting throughout the book. It speaks on a hush hush in many of our homes today. The topic covered in this book that broke the spirits of this young lady is occurring everywhere and it must be talked about rather than simply swept under the rug.

This book is a must-read for everyone who has ever dealt with an abusive situation. I give her credit for laying it all out there; and essentially helping out every person who has ever suffered from this horrible trauma. This is a wonderfully written book by someone who was not afraid to express in words for the whole world to read what others are afraid to talk about. Kudos!!

When I started reading Rise and Fall of a Track Star, I was not able to put it down until I was finished with it. O. Keeys out did her self with this book. I am looking forward to reading more from

this author in the future.

Does anyone listen when a child is saying that he or she has been victimized? Does the child fear telling someone? Or should the child keep it bottled inside? In *Rise and Fall of a Track Star* by Omegia Keeys readers will learn about one situation where the child had no choice. Omegia Keeys was raised by a strong woman who did her best to provide for her seven children. Omegia is the youngest and came along eight years after her older siblings. She is a bright student with a love for track because running gave her the freedom she needed. One day Omegia's bright light starts to dim after someone she knew assaults her. Omegia tries to deal with her emotions through alcohol. When Omegia finds out she is pregnant her whole life changes because every day she is reminded of her assault. Omegia continues to turn to track as a relief mechanism that helps control her emotions and to forget the negative. *Rise and Fall of a Track Star* is about a teenager struggling to move past her assault and controlling her emotions. As a teenage mother, I can relate to the emotional experience the author endured. I applaud this author for sharing her personal and private information in hopes of helping others. This book is a testimony that you can rise above alcoholism, peer pressure and disappointment. I recommend this book to others. This book was provided by the author for review purposes. Teresa BeasleyAPOOO BookClub

As we grow into adults and look back over our childhood years, we may discover things from our past that are like a lion ready to pounce and open old wounds. Omegia Keeys has had many detrimental experiences throughout her life that they sit upon her like a lion ready to attack. Omegia Keeys grew up with a house full of siblings in a single parent home. As a child, her mother was a truck driver and not home much, so she relied on her siblings to take care of her. As she grew older, she took care of herself. Omegia was not a child who sought out trouble but trouble and heartache always seemed to find her. She had a passion for running track and excelled to become a potential Olympic contender, but gave it all up because her past continued to show its ugly head. Not being able to get past two rapes and molestation, Omegia took to drinking. When she learned that she was pregnant, for the second time in her life, Omegia didn't want to keep the baby but knew she could not put him up for adoption. When she gave birth, Omegia had a difficult time bonding with her son, due to his conception, but later began to love him dearly. "*Rise and Fall of a Track Star*" was emotionally written. You could almost feel the pain and anger that Omegia Keeys experienced. This book could be used as a self-help book for victims of rape, molestation, or those who simply experienced some of the pain that Omegia went through. She had a troubled past, although at one

point in her life she was on top of the world. I must say though, she closed many people out of her life and missed out on times of healing. To talk is to heal just as needing to be heard is to heal. This book is a reminder that it is important for parents to have an open relationship with their children just as children should have an open relationship with their parents, even if they have to scream to the rooftop to be heard.

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