

Author Event



**LOCAL
AUTHOR**

Grace Hemenway

**Sunday,
November 28th
1-3 pm**

Ever felt targeted and picked on by bullies? Grace decided to develop her self-confidence with power and self control. In this book she takes you on her Karate journey, and shows you:

- How to set goals that you will reach
- How to embody the winning mindset
- Little changes for a huge impact
- Secrets to staying motivated
- The difference between internal and external motivation
- How to lose and not be defeated

Grace received her first 2 gold medals at the 2021 Miami Open International Karate

Championship. She then went on to win the Queen of the Ring at the 2021 Boston Open Massachusetts Karate Championships along with 2 gold medals. She recently became the 2021 AAU Karate National Championships and also 2021 USANKF USA National Championships and Team Trials Karate Champion-winning 2 individual gold medals and 3 team gold medals. She is 9 years old.

**I AM
DYNAMITE**
And I Am Becoming
GRACE HEMENWAY



tatnuck
bookseller
Gift Gallery & Café

Westborough Shopping Center
Route 9 & Lyman St. • 508-366-4959
Open Mon - Sat 10am - 7pm, Sunday 10am - 5pm
www.tatnuck.com

