

# S.A. Sterling

Author & Women's  
Empowerment Advocate

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S. A. Sterling is a writer and storyteller with a mission to empower and uplift. Holding a master's degree in foreign Languages, Sterling is a devoted language teacher who enriches her students' lives, guiding them through the beauty and power of words. Her multilingual skills allow her to connect effortlessly with diverse audiences, transcending language barriers and inspiring people globally.

A woman of immense passion and curiosity, Sterling is a fervent reader always on the lookout for stories that fuel her imagination and inspire change. Her latest works, *Ride On! Dame Sarah Storey's Extraordinary Journey of Triumph* and *Women Rising Strong 2024 Workbook* are vivid testaments to this passion.

For S.A. Sterling, writing is a transformative journey that goes beyond storytelling. Her aim is simple yet profound: to motivate her readers to explore their potential and pursue their dreams. Through her work, she hopes to ignite a sense of possibility, helping readers to see the greatness within themselves and in the world around them.

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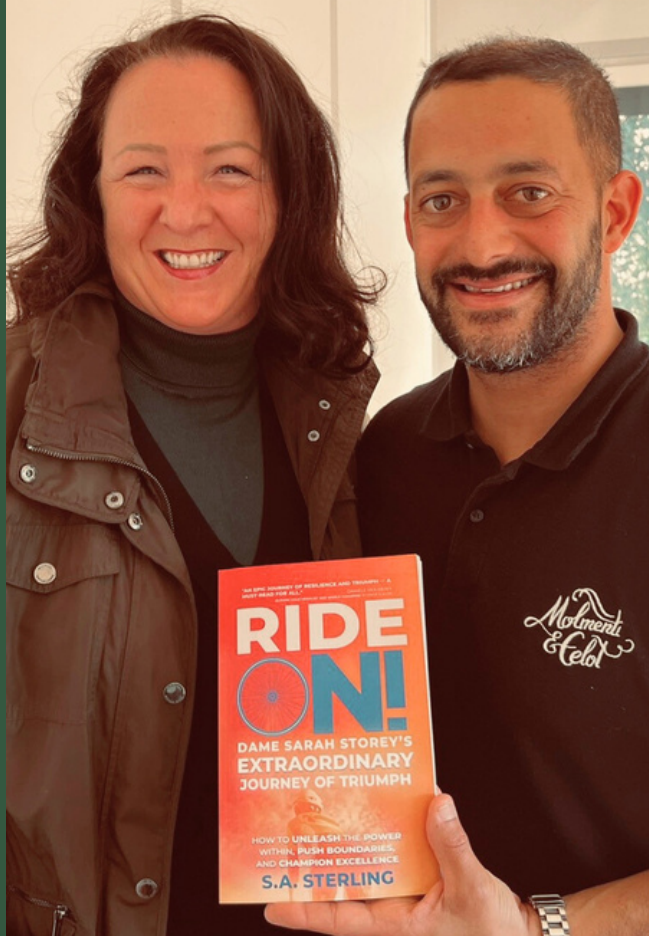
# About My Book



## RIDE ON! DAME SARAH STOREY'S EXTRAORDINARY JOURNEY OF TRIUMPH

### The Exclusive Story of UK's Most Decorated Paralympian

Explore the life of Dame Sarah Storey with S.A. Sterling's engaging storytelling. This narrative delves into her impactful career not only as an elite cyclist but also as a fervent advocate for eco-friendly initiatives and inclusivity in sports. Offering insights into her drive to challenge norms and inspire others, the book invites readers to discover their own strength and pursue excellence. Available in English and Italian, it's a compelling read for anyone seeking motivation from a remarkable journey.



# Book Reviews

"AN EPIC JOURNEY OF RESILIENCE AND TRIUMPH— A MUST-READ FOR ALL."

- **Daniele Molmenti**,  
Olympic gold medalist  
and world champion in  
canoe slalom

"If you're in need of inspiration, 'Ride On!' offers a compelling look into human determination and achievement."

- **DAVIDE CIMOLAI**,  
*Professional Cyclist*

"S.A. Sterling's biography of Sarah Storey is a fascinating account of perseverance, resilience and determination against odds that would have discouraged a less courageous and motivated person. S.A. Sterling's book carries a powerful message for all women and for people who suffer from some physical or social disadvantage. Like Dame Storey (title awarded in the British Honours List of 2013), never give up on a dream, work towards your goal and aim, like her, for the Highest!"

- **MARGARET STENHOUSE**,  
*Author of "The Stonecutter's  
Memoirs"*

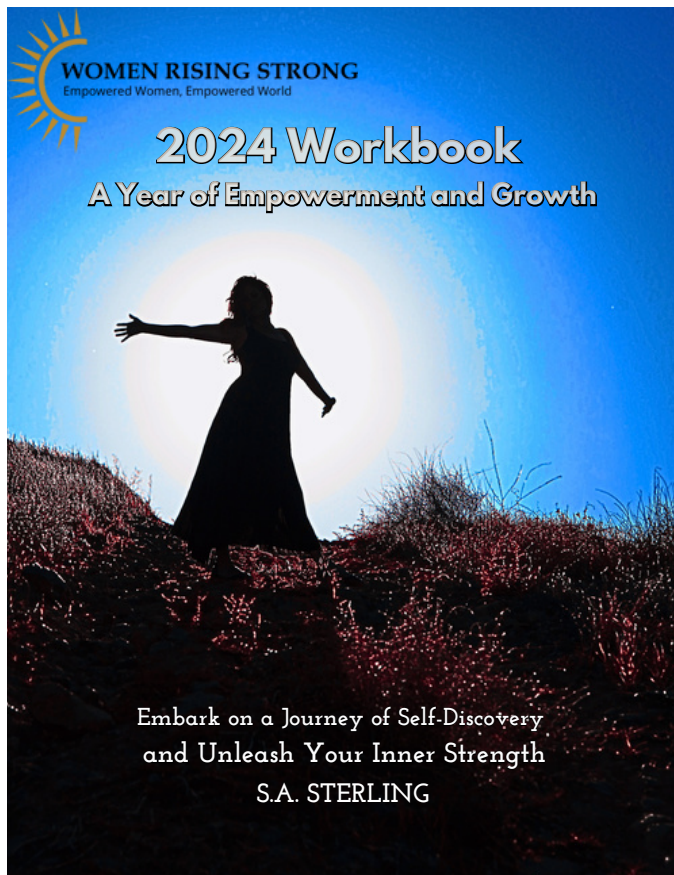
"S.A. Sterling's portrayal of Dame Sarah Storey is not only a terrific read, but also necessary. When it comes to women in sport, we need more books on shelves. Inspiring, trailblazing women like Dame Storey need to be known and appreciated. Sterling's Ride On brings a fantastic story to life and also helps achieve parity on the male-dominated sports shelf. Bravo to both Storey and Sterling."

- **KATHRINE BERTINE**,  
*activist and author, "Stand: A Memoir  
on Activism, a Manual for Progress"*

"S.A. Sterling captures the indomitable spirit of Dame Sarah Storey, making 'Ride On!' a must-read for sports aficionados and anyone inspired by human resilience."

- **MOLLY HUDSON**,  
*Sports Journalist, The Times*





# 2024 Women Rising Strong Workbook

## **Women Rising Strong 2024 Workbook** *A Year of Empowerment and Growth*

"Women Rising Strong 2024 Workbook - A Year of Empowerment and Growth" by S.A. Sterling is your go-to guide for a year filled with personal growth and goal setting. It's packed with exercises and reflections to help you discover your strengths and plan out a life that's both fulfilling and true to your dreams. Whether you're looking to build resilience, find your direction, or just get a little more organized about your ambitions, this workbook is here to support you every step of the way. Perfect for anyone ready to take charge of their journey and make things happen.

# As Featured On

The logo for VELO, consisting of the word "VELO" in a bold, blue, sans-serif font on a light blue square background.

**"Sarah Storey: Once a Paralympic Champion,  
Always a Paralympic Champion | Book Extract"**


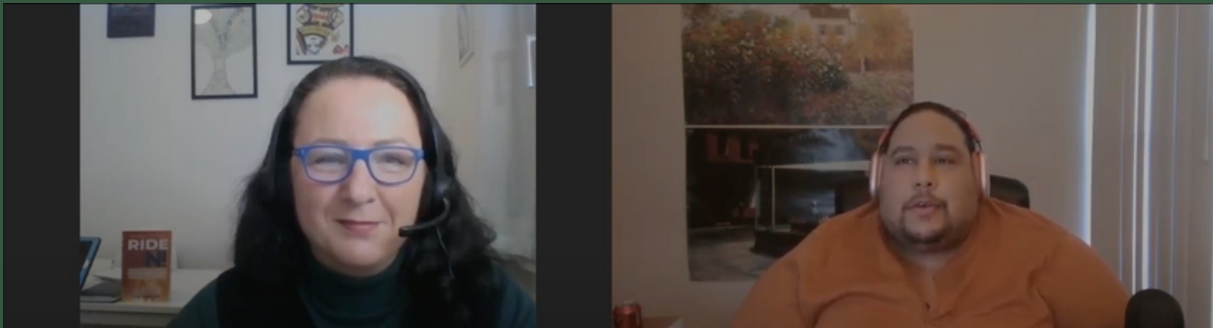
Published Nov 12, 2023, by THE VELO TEAM

VELO featured an extract from my book, capturing Dame Sarah Storey's exceptional career, from winning 28 Paralympic medals to founding the Storey Racing women's team.

The article emphasizes Storey's resilience, noting her comeback from a career-threatening injury and return to elite competition after childbirth.

It spotlights her record-breaking 17 gold medals and the unique challenges she faced during the Tokyo Games amidst the pandemic.

The feature also discusses Storey's anticipation for the 2024 Paralympic Games and her determination following a serious crash.

The logo for THE CAMERON JOURNAL, featuring the text "THE CAMERON JOURNAL" in a bold, black, sans-serif font on a light green square background.

**"Get Inspired with new book, Ride On!"**

**Hosted by Cameron Lee Cowan -**

Published January 21, 2024

The Cameron Journal dives into 'Ride On! Dame Sarah Storey's Extraordinary Journey of Triumph', spotlighting the compelling life of Sarah Storey, English cycling legend.

The podcast episode discusses how Dame Sarah's story sparked inspiration for Italian author S.A. Sterling, leading to the creation of this motivational narrative.

Listeners get an intimate look at the author's journey of writing the book and the profound impact that Storey's story of resilience and determination has had on others.

The conversation sheds light on the power of storytelling in celebrating achievements and inspiring personal growth.

# As Featured On

## THE FEMALE LEAD

### "Dame Sarah Storey's Trailblazing Journey of Representation and Resilience in Sports"

Published on October 19, 2023

"In a world where physical perfection is often celebrated, particularly in sports, [Sarah's] could have easily been seen as a reason to choose a different path. But for Sarah, it was just a beautiful starting point of her unique journey."

"She pedaled past every limitation, every doubt, every naysayer. With her every victory, she was rewriting the narrative of what a sportsperson looks, feels, and acts like."

"Each race was more than just a competition; it was a statement that proclaimed that talent, willpower, and dedication would always outshine physical challenges."

"Her story isn't just for the record books. It's for every individual who's faced adversity, for every dreamer who's been doubted, and for every person who's been told they don't belong."

"Dame Sarah Storey pedaled past limits, and in doing so, paved the way for countless others to do the same."

## The ITALIAN INSIDER

### Book Review by Margaret Stenhouse

Published on 27 October, 2023

"S.A. Sterling's scrupulously researched biography ... is a fascinating account of perseverance, resilience and determination against odds that would have discouraged a less courageous and motivated person."

"Storey was born without the use of her left arm and had to overcome many obstacles, including bullying at school because she was 'different'."

"As S.A Sterling recounts, Sarah wasn't long in proving her critics wrong."

"Sarah's extraordinary courage took her through a major crisis, such as the necessity to give up her promising swimming career... and embark on a new venture in competitive cycling, where she proved herself - once more - a winner."

"The book also emphasizes the human aspects of Storey's life as an athlete, as well as a mother, encouraging women to follow her example and fulfil their full potential."

"S.A. Sterling's book carries a powerful message for all women and for people who suffer from some physical or social disadvantage. Like Dame Storey, never give up on a dream, work towards your goal and aim, like her, for the Highest!"





## WOMEN RISING STRONG

Empowered Women, Empowered World



## About My Website

Welcome to our website—a place that's more than just pages on the internet. Here, we've built a community where women can connect, share their experiences, and inspire each other. Our mission is simple: we want a world where empowered women are the norm, not the exception.

Check out Women Rising Strong at [www.sasterling.com](http://www.sasterling.com).

Together, let's embrace empowerment, personal growth, and the exciting journey that lies ahead!



@SASterling72

# Connect on Social Media

Follow @SASterling72 to dive into stories of women who've made a difference. Our social media pages are all about sharing the ups and downs of female trailblazers from every corner of the globe. When you join us, you're joining a community that cheers on these amazing women. Let's share their stories far and wide, inspiring everyone to celebrate the powerful impact women have everywhere.