



JEN BRICKER

珍 · 布里克



Everything is possible
for the person who believes.
See it, believe it, make it happen.

一旦选择了相信，一切皆有可能。
正视它，相信它，然后实现它。

— Jen Bricker 珍·布里克



“

The almost fairy-tale beauty of this powerful and hope-filled story could be anyone's catalyst to reach new heights and dream bigger!



这充满力量和希望的故事
几乎如童话般美好，
它将成为大家敢于梦想、
达到人生新高度的动力！

— Nick Vujicic, motivational speaker
尼克·胡哲，激励演说家



When Jen Bricker was born without legs, her biological parents gave her up for adoption. In her adoptive home, there was just one simple rule: “never say can’t.” Jen started to conquer all the difficulties and obstacles in her life with strong belief that make her as a little but powerful lady today. Everything is possible; she can do roller-skating, volleyball, power tumbling, and spinning from silk fabric thirty feet in the air. She was even being invited as the featured performer in Britney Spears “Circus” Tour in 2009.

Besides from performing at mega events, Jen is a motivational speaker who has spoken at TEDx, universities, interviewed on TV, radio and magazines etc. in over 100 countries worldwide.

Everyone has a weakness in their life, how you handle it will determine the ending stories. Jen see her “disabilities” as advantages, she always bring light where there are shadows.

当珍·布里克出生时就没有双腿，在她出生之时被父母弃养。而在养父母家庭中有个原则，就是“永远不要说我不行”。于是，她开始以坚定的信念征服她生活中的所有困难和障碍，成就了她的今日今日的坚强。一切皆有可能——她征服了许多看起来跟她这辈子都绝缘的运动：轮式溜冰、排球、强力翻腾，用吊床在三十英尺的高空旋转等等。她更曾被邀请担任 2009 年“小甜甜”布兰妮·斯皮尔斯“妮裳马戏团”巡回演唱会的特邀表演嘉宾。

除了在大型活动中表演外，珍还是一名励志演说家，曾在 TEDx 和各大学演讲，被全球逾百多个国家的电视台、广播电台和杂志采访。

每个人的人生都会有所缺憾，但你选择面对的方式将决定故事的结局。珍选择将自己的缺陷视为优势，总是为有阴影的地方带来光芒。



Born without legs, Jen's biological parents left her at the hospital. One would think she would be destined for a life of hardship. However, the hand of destiny brought her an amazing adoptive family, who gave her one simple rule, "Never say the word, Can't."

As a child, Jen was obsessed with gymnastics, and some of her earliest memories were of watching gymnastics on TV when she was six years old and trying to imitate the moves. Dreamed of being a gymnast from a young age, she grew up fearlessly bouncing on the trampoline with her three older brothers.

During the 1996 Olympics in Atlanta, United States, Jen was totally fascinated by Dominique Moceanu, the gymnastics gold-medalist. Mesmerized by her new idol, Jen was inspired to start competing herself. Seemingly against all odds, Jen went on to compete against able-bodied athletes and became a State Champion in power tumbling.

一出生就没有双腿的珍·布里克，遭父母抛弃，把她留在了医院。大家都认为她的人生就此注定坎坷。但命运却赐给她一对很爱的养父母，且一直秉持着一个原则，就是“永远不要说我不行”。

珍从小时候就和同龄孩子一样喜欢各种运动。她最早的记忆是在六岁那年，她非常喜欢在电视上观看各项体育运动的赛事，然后就会试图跟着模仿他们的动作。于是，这个梦想着成为一名体操运动员的小女孩，就真的开始在自己家的蹦床上和哥哥们一起练习起来了。

1996年，在美国亚特兰大奥运会上，体操运动员多米尼克·莫西阿努代表美国队获得奥运金牌后一举成名。珍受到启发，从此把多米尼克当成了偶像。她开始参加各种比赛，甚至在和四肢健全的运动员竞争的比赛中，摘下了强力翻腾的州级金牌。

As part of her amazing story, and as twist of fate, Jen later learned that her childhood gymnastics idol, Dominique Moceanu, was actually her biological sister when Jen was 16.

Always challenging herself, Jen transitioned into an accomplished acrobat and aerialist. As such, she travelled internationally with Britney Spears' World Tour, and appeared as the headliner at the prestigious Palazzo hotel in Las Vegas, New York's Lincoln Center, and the Shangri La Hotel in Dubai.

Jen's incredible story has been featured on multiple shows, including HBO Real Sports, 20/20 and Good Morning America. She has added a successful speaking career to her list of accomplishments, including being featured in TEDx Talk and other speeches around the world, from Abu Dhabi to Malaysia and Thailand etc.

Jen has published her first book, Everything is Possible, in September of 2016.

然而，珍人生中最曲折离奇的是，在她十六岁那年，养父母告诉她，她儿时崇拜的体操奥运冠军多米尼克就是她的亲生姐姐。

珍总是挑战自己，后来成了颇有成就的杂技演员和职业高空杂技师。除了跟随巨星“小甜甜”布兰妮·斯皮尔斯世界巡演，她也在拉斯维加斯的帕拉佐酒店、纽约林肯表演艺术中心和迪拜的香格里拉酒店担任过主演嘉宾。

珍的励志故事已成了多档电视节目的录制专题，当中包括了 HBO 的《真实体育》、ABC 的《20/20》，ESPN 的《对垒》和《早安，美国》。后来，她开始在 TEDx、各大学和其他国家演讲，从阿布扎比到马来西亚和泰国等，足迹遍布世界各地。2016 年 9 月，她出版了她的第一本著作，《一切皆有可能》。



Jen Bricker's fearless, faith and unflinching determination prove that anyone with passion and a sense of purpose can achieve their greatest dreams. I'm inspired by her – and you will be too!

珍·布里克无所畏惧，坚定的信念和决心证明了任何有激情和目标感的人都能实现自己最大的梦想。
我深深地被她启发——
我相信你也会有一样的感受！

— Eva Longoria, actress, producer, director, activist
伊娃·朗格利亚，演员、制作人、导演、活动人士



- 2015 IPC World Championships Opening Ceremony Performer
World Acrobatic Society Hall of Fame
Headliner Aerialist at The ACT, Dubai
- 2014 Disability Rights in Sports Award, Disability Rights Legal Center
Honorary SuperStar Award, Night of Superstars – Greg Johnson
- 2013 Inspiration Award, Shane's Inspiration
Speaker of Special Olympics – Southern California
Headliner Aerialist at Shangri La Hotel, Dubai
- 2012 Headliner Aerialist at the Palazzo hotel, Las Vegas
Muscle Beach Courage Award, U.S. Muscle Beach
Appearance in Glee
- 2009 Featured performer in Britney Spears "Circus" Tour
- 1998 U.S. Tumbling Association Inspiration Award
Illinois State High School Champion Tumbler
AAU Junior Olympic Games for Power Tumbling – 4th place
- 2015 IPC 世界帕拉田径锦标赛开幕式表演嘉宾
世界杂技协会名人堂
迪拜 The ACT 的高空杂技主演嘉宾
- 2014 残疾人权利法律中心 — 残疾人权体育奖
格雷格·约翰逊超级明星之夜 — 荣誉超级明星奖
- 2013 非营利组织 Shane's Inspiration — 启发奖
南加州特殊奥林匹克运动会的演讲嘉宾
迪拜香格里拉酒店的高空杂技主演嘉宾
- 2012 拉斯维加斯帕拉佐酒店的主演嘉宾
美国肌肉海滩 — 肌肉海滩勇气奖
电视音乐剧《欢乐合唱团》客串演出
- 2009 布兰妮·斯皮尔斯“妮裳马戏团”巡演中的特邀表演嘉宾
- 1998 美国翻腾协会 — 启发奖
美国伊利诺伊州高中翻腾比赛 — 冠军
AAU 青少年奥林匹克运动会 — 强力翻腾第四名



I was raised to be fierce,
to fight the good fight nobly and with conviction.
Today you may not win; tomorrow you may not win.
But down the road will be
one small victory that can change everything.

我从小就被培养坚毅的个性，
要以坚定的信念，大义凛然地为正义而战。
今天你可能不会胜利；明天你也可能不会胜利。
但在未来，会有那么一个小胜利让一切改写。

— Jen Bricker 珍·布里克



Ariel Performance at The Christian Alliance for Orphans' CAFO2015 Summit

基督教关怀孤儿联盟 CAFO2015 峰会
高空杂技表演, 2015年

<https://youtu.be/uwtQNnCArQ>

Aerial Performance at UCLA Gymnastics, 2014
加州大学洛杉矶分校高空杂技表演, 2014年

<https://youtu.be/WmunDtctUKk>

The Leadership Energy Summit Asia, 1 Dec 2015

亞洲領袖能量峰會, 2015年12月1日

<https://youtu.be/7EFK8pRFxt0>



Besomebody, 8 Apr 2014

Besomebody, 2014年4月8日

https://youtu.be/Ez8dPHPKf_k



TEDx Talk, 26 Oct 2012

TEDx 演讲, 2012年10月26日

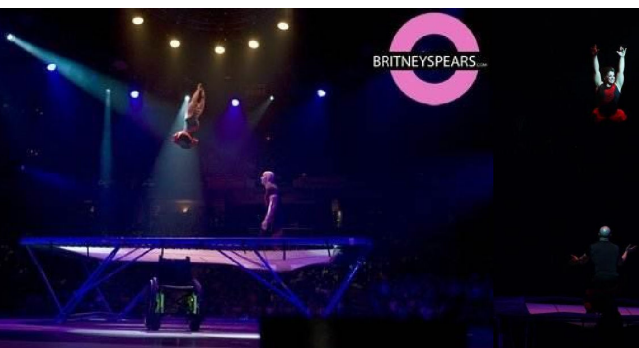
<https://youtu.be/a4ywhQaKD9c>



Britney Spears "Circus" Tour, 2009

布兰妮·斯皮尔斯“妮裳马戏团”巡回演唱会, 2009年

<https://youtu.be/cHofxc8CcDI>





Sometimes you have to be your own hero.

What I mean by this that you have to
fight for what you believe in and
for what you want to happen.

Don't wait for a knight in shining armor
to charge in and do it for you.

有时候，你必须成为自己的英雄。
我的意思是，你必须为你自己所相信的、
所想要的事情而战。
不要期待一个身穿闪亮盔甲的骑士
冲锋陷阵地为你完成这些事情。

— Jen Bricker 珍·布里克



ESPN, 2015
One Gymnast's Journey to Find Her Olympian Sister
娱乐与体育节目电视网，2015年
一位体操运动员寻找到她的奥运姐姐的旅程
<http://www.espn.com/video/clip?id=13718000>



HBO Real Sports, 17 Jun 2016
Two of a Kind—Jen Bricker & Dominique Moceanu
HBO 真实体育，2016年6月17日
无与伦比 — 珍·布里克和多米尼克·莫西阿努
<https://youtu.be/7uzXnCvYF1c>



HBO Real Sports, 13 Dec 2012
Jen Bricker & Dominique Moceanu
HBO 真实体育，2012年6月13日
珍·布里克和多米尼克·莫西阿努
<https://youtu.be/WINMVPaWOas>



ABC 20/20, 8 Jun 2012
Secret Sister
ABC 20/20，2012年6月8日
秘密姐妹
<https://youtu.be/wjH8iib-pXU>

I knew I didn't have legs
but that wasn't stopping me
from the things I wanted to do.

我知道我没有双腿，
但这并无法阻止我做自己想做的事情。

- Jen Bricker shared with BBC News 珍与BBC分享

BBC

NEWS

Magazine

My idol turned out to be my sister

By Vibeke Venema
BBC World Service

25 January 2017 | Magazine



CHRISTY ANN LINDER

Aerial performer Jennifer Bricker was born without legs, but she never let it stop her. By the age of 11 she was a gymnastics champion - having fallen in love with the sport after watching Dominique Moceanu win a gold medal for the US at the 1996 Olympics. And it turned out the two had a lot more in common than athletic talent.



BBC, 25 Jan 2017

英国广播公司, 2017年1月25日

<http://www.bbc.com/news/magazine-38697627>



Aerialist Jen Bricker on Reconnecting With Biological Sister Dominique Moceanu: 'I Came in as a Total Foreigner'

October 4, 2016 @ 9:29 PM By Jackie Hoffman



Moments before acrobat and aerialist Jen Bricker took the stage in 2009 to perform alongside Britney Spears, and in front of 20,000 people, she did 100 pushups to calm her nerves. "The pressure was insane." Bricker, who was born with no legs, tells us briefly "I was either going to fall or I was going to succeed!"

PHOTOS: Celeb Scribes +

She was a clear success and went on to tour North America and Australia with Spears as a headliner. Now, the motivational speaker, who was given up for



US Magazine, 4 Oct 2016

美国周刊, 2016年10月4日

<http://www.usmagazine.com/celebrity-news/news/jen-bricker-reconnects-with-sister-dominique-moceanu-w443340>



Aerial Arts International Magazine, Nov 2012

空中杂技艺术国际杂志, 2012年11月

http://www.ilriadenovellis.com/images/aai_high.pdf



People Who Inspire Us, Despite What Others Might See As Their Challenges

By Jeryl Brunner

Most people might think if you want to be a gymnastics champion you need legs. But just ask Jen Bricker if that's true. She'll tell you otherwise. "If you're never given limits, you think you can do anything," says Bricker, who because of a birth defect, has no legs. Born in Illinois in 1987, her biological parents feared they couldn't afford the cost of caring for their daughter. So she was adopted by an American couple and raised in Oblong, a tiny town in Illinois. Bricker's loving parents always encouraged her to pursue her dreams and never say the word "can't."

Bricker's dream? To be a champion gymnast. At 7, she started working on the trampoline. By the time she was in high school, she became the power tumbling champion of Illinois, winning the state medal for gymnastics, against those who had had no physical challenges. She has since competed in the Junior Olympics and was a featured acrobat on Britney Spears' Circus tour and performed as an aerialist at Lincoln Center.

When she was 16, Bricker's parents revealed that her biological parents' last name was Moceanu. Yes, Olympic Gold Medalist Dominique Moceanu, Bricker's idol and inspiration to become a gymnast at 7, turned out to be her biological sister. The sisters have since reconnected, are best of friends, and share a very close bond. "When I was younger, people asked if you could magically have legs, would you do it?," says Bricker. "I always came back with the same answer, which was, no." As she further explains, "My entire purpose in life is based on the fact that I don't have legs. I always knew I was supposed to be born like that. This is how I can effect change. I feel blessed that I can use my passion to help and hopefully inspire other people." Bricker now lives in Los Angeles, travels the world performing and is a motivational speaker.

Jen Bricker has reached heights that many people who don't have limitations never achieve. And Bricker is not alone. [Click on this story in Parade to learn about others, who like Bricker, rose to seemingly insurmountable heights, despite their challenges.](#) These people inspire us.

Jen Bricker



The Huffington Post, 25 Dec 2014

赫芬顿邮报, 2014年12月25日

http://www.huffingtonpost.com/jeryl-brunner/people-who-inspire-us-des_b_6018136.html

MailOnline

Secret sister of US Olympic gymnast who was given up by parents because she was born with no legs is now training to become a dancer

- Jennifer Bricker, 27, currently works as aerialist and motivational speaker
- She always excelled in sports and was state champion gymnast as a child
- Aged 16 she discovered her idol Dominique Moceanu was in fact her sister
- Now her new dream is to perform on a show like Dancing With The Stars

By ANNABEL GROSSMAN FOR MAILONLINE
PUBLISHED: 15:19 GMT, 13 November 2014 | UPDATED: 08:46 GMT, 14 November 2014

An acrobat who was born with no legs and beat the odds to become a champion gymnast is now taking on a new challenge by training to be a dancer.

Jennifer Bricker, 27, currently works as an aerialist and motivational speaker, but she hopes that adding dancing to her list of talents will take her career in new directions.

She said: 'People always talk about Jen overcoming this, and overcoming that, and I thought this is a true challenge, this is something to truly overcome.'

Scroll down for video



MailOnline, 13 Nov 2014
每日邮报新闻网, 2014年11月13日
<http://www.dailymail.co.uk/news/article-2833235/Secret-sister-Olympic-gymnast-given-parents-born-no-legs-training-dancer.html>

Jen believes that everyone is 'born with unique gifts and talents' and she wants to show people we can use them to change lives.

Jen相信每个人都有着独特的天赋和才能, 她希望向人们展示我们可以用它们来改变生活。

- MailOnline 每日邮报新闻网

腾讯体育 中超 西甲 英超 意甲 欧冠 NBA 德甲 图片 视频
综合体育

高清：无腿美女成体育全能 姐姐曾是奥运冠军

体操 腾讯体育[微博] 2014-11-18 16:14 我要分享 300



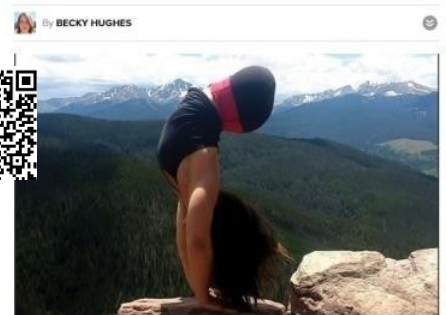
Tencent, 18 Nov 2014
腾讯体育, 2014年11月18日
<http://sports.qq.com/a/20141119/000824.htm#p=1>

Parade ASK MARILYN NUMB3X I LOVE THE 90S HEALTH SUNDAY WITH ALL-AMERICA PARADE

Aerialist and Author Jen Bricker Says Everything Is Possible

SEPTEMBER 6, 2016 - 11:44 PM - 0 COMMENTS

f t p + 15



Jen Bricker is not your average 28-year-old. Born without legs and with her heart on the opposite side of her chest, Bricker has never met an obstacle

People NEWS WATCH PEN PHOTOS STYLE

CELEBRITY

How I Found Out Dominique Moceanu Was My Sister: 'I Felt Like I Was in the Princess Diaries'

BY SANDRA SOBIERAJ WESTFALL
POSTED ON SEPTEMBER 2, 2016 AT 10:20AM EDT

f SHARE t TWEET e EMAIL



People Magazine, 2 Sep 2016
时人杂志, 2016年9月2日
<http://people.com/celebrity/jen-bricker-discovers-dominique-moceanu-is-her-sister/>

Parade, 6 Sep 2016

漫步杂志, 2016年9月6日
<https://parade.com/505707/beckyhughes/aerialist-and-author-jen-bricker-says-everything-is-possible/>



If you don't like something in your life,
then change it.

If something is holding you back,
then conquer it.

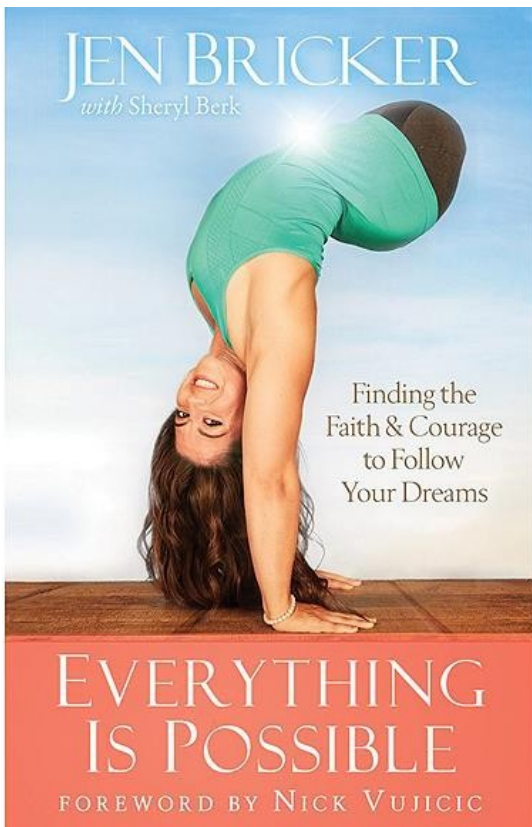
If you're unhappy,
then do something to regain your joy.

你若不喜欢生活中的某些事情，
那就改变它。

若有某些东西让你退缩不前，
那就征服它。

你若感到不快乐，
那就多做一些让自己重获快乐的事情。

— Jen Bricker 珍·布里克



Everything is Possible

Author : Jen Bricker

Published: September, 2016

Everything Is Possible is her incredible story.

Readers follow Jen from the challenges of growing up different to holding captive audiences numbering in the tens of thousands.

Everything Is Possible shows readers what they can accomplish when they remove the words coincidence and limitation from their vocabulary.

Filled with heart and spirit, as well as Jen's wit, wisdom, and no-holds-barred honesty, this inspiring true story points the way to purpose and joy.

《一切皆有可能》

作者：珍·布里克

出版：2016年9月

《一切皆有可能》讲述了珍·布里克不可思议的人生故事。

读者们可细细品读她的成长过程中，从所经历的各种挑战到后来站在拥有成千上万观众的演讲现场。

《一切皆有可能》向读者展示当他们从词汇中删除单词巧合和限制时他们可以完成的任务。

她用实际行动告诉全世界：“只要把人生字典里的‘巧合’和‘局限’这些词删除，即便你一无所有，你也能完成自己的梦想！”

充满了正面意念和鼓励，还有她的机智、智慧，和那无拘无束的真实，这鼓舞人心的真人真事将带你迈向探索人生意义和喜悦之路。