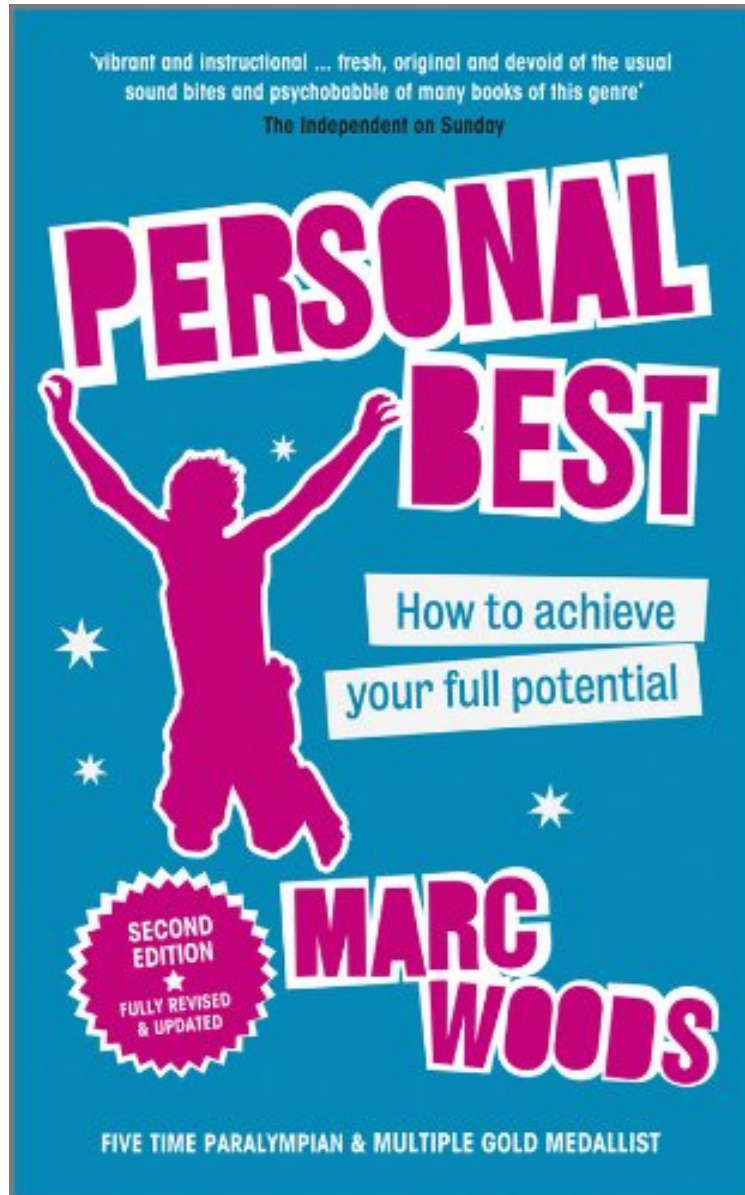


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Personal Best: How to Achieve your Full Potential

Marc Woods

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Marc Woods : Personal Best: How to Achieve your Full Potential before purchasing it in order to gauge whether or not it would be worth my time, and all praised Personal Best: How to Achieve your Full Potential:

0 of 0 people found the following review helpful. There are better books on the market By Louis De Bear I have read 100's of very poor books on the Success Principles, Self Esteem, Laws of Attraction, Planning, Time Management etc, in the last few years. I started reading books about goal setting, mind control and success principles in 1985. I have used what I learnt from my extensive reading, coupled with academic qualifications, business and psychology

experience, to create a consulting company, teaching seminars to corporations in strategic thinking, leadership, marketing, goal setting and business development. I also use the principles to help individuals, by guiding them as a Peak Performance Coach, teaching people cognitive methods to help goal set and enhance their lives beyond what they could do on their own. As such, I read as many books as I can, on a variety of subjects to enhance my knowledge. So I come to this book. Whilst I have much admiration for the author, having lost a leg to cancer, I have to say I am not impressed by his book. Having read so many books in this area, I want to read something fresh and new. What you get in this book is sports training psychology mixed with standard motivational techniques which you can read in a better form in other books. A brilliant book for goal setting is the Tommy Newberry book, *Success Is Not An Accident*, or if you want brilliant sports motivation look at the Lou Holtz book *Winning Every Day*. One of the many problems with the book is that it presupposes a certain inner motivation to be the best. If you lack this inner need, then the book does not explain how to get that inner feeling, if you want it at all. So many books on the market fail to explain in essence the inner problems and issues that hold low self esteem people back. If you want a book that helps with psychological issues such as the fear of failure and low self esteem and you want an explanation why trying to implant a "I can be the best" attitude inside of you, can be counter productive, read the awesome book by Robert Kelsey *What's Stopping You?* I cannot recommend this book, as there are far better books on the market such as those I have mentioned. This book may appeal to the sporty types who want that type of psycho babble, but for most people there are better books out there to help explain why you lack motivation and what to do about it. Not recommended. 0 of 0 people found the following review helpful. Something for Most Here, May Be Life Changing for Some By Brett H The author draws to a major extent on his personal experience in writing *Personal Best*. For sure he had been dealt a rough hand. Losing his leg to cancer during his teen years, it would have been easy for him to bemoan his fate and spend his time wallowing self pity. However, always a good swimmer who had previously shied away from sufficient hard training to make himself a great swimmer, he was able to use swimming as a way to motivate himself. He was quickly competing at national level, becoming an outstanding paralympian and winning medals over a period of 17 years. Subsequently he has used his life experiences to successfully engage in motivational writing and speaking and business consultancy. As with most books of this type, I would not say that there are any great revelations. However, there is a great deal of common sense directed towards making the best of one's life which few would disagree with. The message the author is putting across is split down into bite sized chunks, and is backed with numerous illustrations which are very helpful in illustrating the points, both from his own life experience and the experiences of others. The writing is succinct and to the point with little in the way of extraneous wording. Just how much any individual will get from reading this book will be very much down to the position in which they currently find themselves and their degree of receptiveness to the message the author is putting across. However, I could well imagine that most will get something worthwhile here as I certainly did. For some, it may well be instrumental in helping them to refocus the direction of their lives and take a greater degree of control.

True inspiration from a true inspiration "hellip;vibrant and instructional ... fresh, original and devoid of the usual sound bites and transatlantic psychobabble of many books of this genre..." mdash;The Independent on Sunday It's not always easy to embrace life, to get up and go, to follow your dreams and make things happenhellip; imagine how much more difficult it must be to achieve your dreams after suffering from cancer as a teenager and losing your leg. But that's exactly what Marc Woods did. Marc overcame his challenges and went on to become a four times Paralympic Gold medalist. It's that determination and dedication that Marc shares with us in this powerful book. His inspiring story is the motivation we all need to start being the best we can be. This fully updated Second Edition includes a new chapter on Resilience. "Personal Best is a truly inspirational book, written with great honesty, compassion and humility. Marc's ability to overcome adversity and triumph in so many diverse areas is an example to us all." mdash;Sarah, The Duchess of York "Marc has a remarkable story and is an absolute inspiration." mdash;Roger Daltrey *Personal Best* will help you to: Set specific, measurable and achievable goals Learn to forge supportive teams and communicate with those around you Find role models and follow their example Learn to ignore other people's prejudices and not let them hold you back Deal with changemdash;both change that you chose and change that you don't Manage stress both at home and at work Marc Woods is a five-time Paralympian. He has won 12 Paralympic medals as well as 21 other medals from championships around the world. He was a member of the British Olympic Athletes Commission and a founding member of the British Athletes Council. He works extensively with individuals, teams and global businesses, encouraging them to develop best practice within their given areas of interest. Approximately 25,000 people each year watch him deliver his motivational presentations.