



Be Your Own Hero: Achieve Through Sport, Excel in Life

By Noel McBride

Brolga Publishing Pty Ltd. Paperback. Book Condition: new. BRAND NEW, Be Your Own Hero: Achieve Through Sport, Excel in Life, Noel McBride, Some people seem to have a magical ingredient that allows them to stand out from the rest. They make good decisions, consistently get good results, and even if they stumble, they come up smiling. Be Your Own Hero reveals their secrets to success and how to use them effectively. Elite coach, Noel McBride, equips you with the essentials of sport training so that you can go for gold in life. You will gain:- Enhanced self-esteem.-Step-by-step guidance for setting goals.-A winning attitude that triumphs in any situation.- Pathways to progress from strength to strength, no matter where you are. Pursue your passion. Unleash your power. Be your own hero.

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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- *Otis Wisoky*

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- *Dr. Everett Dicki DDS*