



The Golden Rules: 10 Steps to World-Class Excellence in Your Life and Work (Paperback)

By Bob Bowman

Little, Brown Book Group, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Bob Bowman, best known as the coach for the record-breaking run of Michael Phelps, is one of the most successful coaches in Olympic history. The Golden Rules is his motivational book about winning in all walks of life and what you have to do to get there. He presents ten key concepts that all people should live by. Inside, illuminated by spirited anecdotes, Bowman will teach you how to get gold out of every day by setting goals and getting motivated to achieve them. He will explain that taking risks is the key to success in any pursuit, and coach you on how you can become more risk-tolerant. By following The Golden Rules, you will learn to visualise in order to achieve your goals, and that above all else, dedication to your training, your job, or whatever area it is you are seeking to triumph in is paramount for success.



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