



Be a Winner: Achieve Your Goals with Scotland's Sporting Heroes

Kenny Kemp, Richard Orr

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Scotland needs more winners - all kinds of winners - in sport and in life. And with the Olympics heading to London and the Commonwealth Games coming to Glasgow, we now have the major catalysts to inspire us to be winners. But as a nation we need to overcome our natural reserve and tendency to underperform when it really matters. We need to find new levels of self-belief and optimism. We need more winning role models: more Chris Hoy, Alex Fergusons, Andy Murrys and Liz McColgan.

Packed with significant insights from Scotland's leading sportsmen and women, past and present, *Be a Winner* takes the reader on a personal journey to help them become a genuine success. It encourages them to set their own sporting goals and identify their own personal bests, and, most importantly, gives guidance about how to reach them, through the example of great Scottish winners. It also highlights the steps that an individual can take to develop a winning mentality.

From motivation to dedication, competitiveness to teamwork, this book covers all the bases. *Be a Winner* tells it straight when it comes to sport and how to succeed in it, through the advice of the Scottish men and women who have reached the very pinnacle of their various fields. This book will enable a proud Scot to become a 'super Scot'.



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Anthony Powell:

This Be a Winner: Achieve Your Goals with Scotland's Sporting Heroes book is not really ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is information inside this publication incredible fresh, you will get facts which is getting deeper you actually read a lot of information you will get. This Be a Winner: Achieve Your Goals with Scotland's Sporting Heroes without we comprehend teach the one who reading it become critical in considering and analyzing. Don't possibly be worry Be a Winner: Achieve Your Goals with Scotland's Sporting Heroes can bring if you are and not make your bag space or bookshelves' turn out to be full because you can have it within your lovely laptop even telephone. This Be a Winner: Achieve Your Goals with Scotland's Sporting Heroes having great arrangement in word as well as layout, so you will not feel uninterested in reading.

Bruce Brown:

Reading can called thoughts hangout, why? Because if you find yourself reading a book mainly book entitled Be a Winner: Achieve Your Goals with Scotland's Sporting Heroes your mind will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging just about every word written in a book then become one web form conclusion and explanation in which maybe you never get ahead of. The Be a Winner: Achieve Your Goals with Scotland's Sporting Heroes giving you one more experience more than blown away the mind but also giving you useful info for your better life within this era. So now let us show you the relaxing pattern is your body and mind will be pleased when you are finished reading through it, like winning an activity. Do you want to try this extraordinary spending spare time activity?

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