



## How to Shine (Paperback)

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By Simon Hartley

John Wiley and Sons Ltd, United Kingdom, 2012. Paperback. Condition: New. 1. Auflage. Language: English . Brand New Book. FIX YOUR MINDSET AND UNLEASH YOUR TALENT Simon Hartley spent many years working with world class athletes and helping them to new levels of achievement. Then he got wondering: What is it that enables some people to develop their talent in a more impactful way than others? What differentiates the winners from those who almost made it? And how can we be world class in our chosen fields? How To Shine is more than just a window into the world of winning. It s the distillation of all Simon has learned from talking to and coaching some of the world s top success stories, from Premiership footballers and Olympiads to champions of business. It s a practical, step by step guide to honing skills which are as vital in the office as they are on the athletics track and truly shining in your field. Includes: \* Practical, life-affirming tips \* Insights into the winning mentality from sportsmen, coaches, Michelin starred chefs and scientists \* How to develop skills which will enable you to be a genuine leader in your field.

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