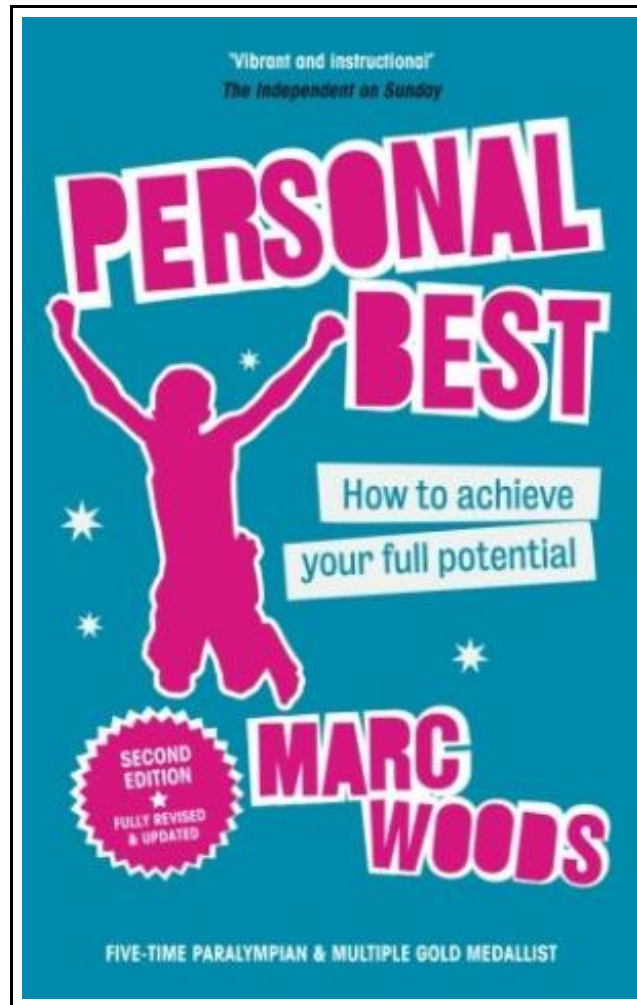


## Personal Best: How to Achieve Your Full Potential (2nd Revised edition)



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## PERSONAL BEST: HOW TO ACHIEVE YOUR FULL POTENTIAL (2ND REVISED EDITION)



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John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Personal Best: How to Achieve Your Full Potential (2nd Revised edition), Marc Woods, True inspiration from a true inspiration "vibrant and instructional .fresh, original and devoid of the usual sound bites and transatlantic psychobabble of many books of this genre." The Independent on Sunday It's not always easy to embrace life, to get up and go, to follow your dreams and make things happen 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." Sarah, The Duchess of York "Marc has a remarkable story and is an absolute inspiration." Roger Daltrey Personal Best will help you to:

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- \* Learn to ignore other people's prejudices and not let them hold you back
- \* Deal with change 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...



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