



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 Hoys, Alex Fergusons, Andy Murrays and Liz McColgans.

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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Be a Winner: Achieve Your Goals with Scotland's Sporting Heroes can be one of your basic books that are good idea. Many of us recommend that straight away because this book has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort that will put every word into joy arrangement in writing Be a Winner: Achieve Your Goals with Scotland's Sporting Heroes but doesn't forget the main position, giving the reader the hottest and based confirm resource data that maybe you can be one of it. This great information can easily drawn you into brand-new stage of crucial thinking.

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