

CHASING EXCELLENCE: A STORY ABOUT BUILDING THE WORLD'S FITTEST ATHLETES by Ben Bergeron book PDF Download

Chasing Excellence: A Story About Building the World's Fittest Athletes

CrossFit trainer Ben Bergeron has helped build the world's fittest athletes, but he's not like other coaches. He believes that greatness is not for the elite few; that winning is a result, not a goal; and that character, not talent, is what makes a true champion. His powerful philosophy can help any CrossFit trainer Ben Bergeron has helped build the world's fittest athletes, but he's not like other coaches. He believes that greatness is not for the elite few; that winning is a result, not a goal; and that character, not talent, is what makes a true champion. His powerful philosophy can help anyone excel at all aspects of life. Using the dramatic competition between the top contenders at the 2016 Reebok CrossFit Games® as a background, Ben explores the step-by-step process of achieving excellence and the unique set of positive character traits necessary for leveling up to world-class. The mindset and methodology that have produced some of the greatest athletes in the world's most gruelling sport can work equally well for golfers, lawyers, artists, entrepreneurs—anyone who's willing to commit totally to becoming better than the best. By Chasing Excellence, you'll discover how extraordinary it's possible for you to be. ...more Chasing Excellence: A Story About Building the World's Fittest Athletes PDF ebook

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