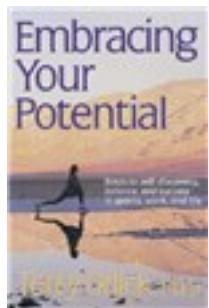


# Embracing Your Potential



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The drive to be #1 in a professional field or on a playing field is a powerful source of motivation for many people. Others place a higher priority on becoming a better person. Embracing Your Potential explains how to achieve excellence and balance in both the public/performance and personal/experiential domains of life. Both inspirational and practical, Embracing Your Potential shares the wisdom of elite athletes, performers, and people in highly demanding jobs. The book also features 30 exercises that can help readers discover their essential needs and motives and make meaningful, lasting changes to enrich their lives and boost their performance.

作者介绍:

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