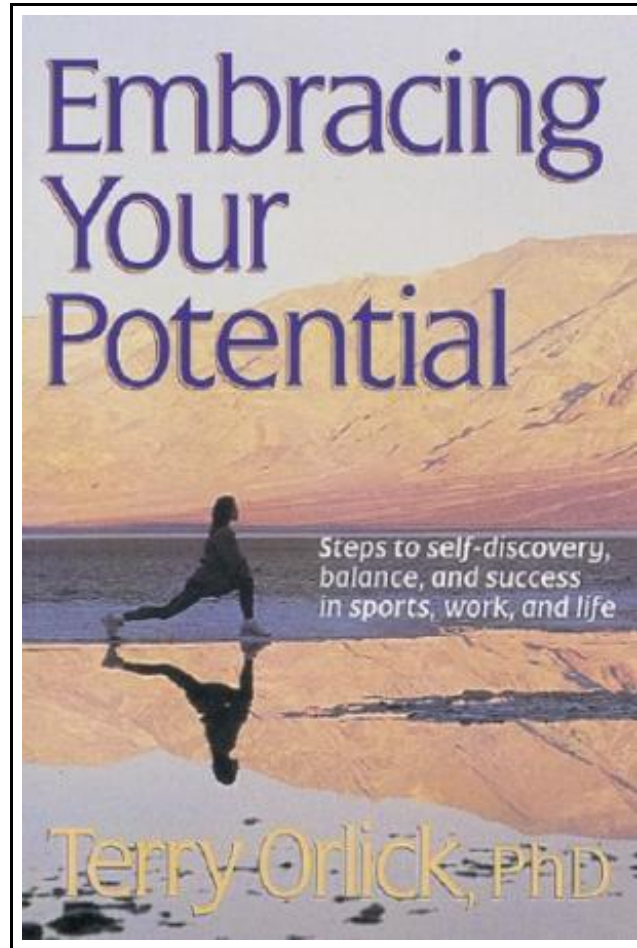


Embracing Your Potential



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Reviews

Great e book and helpful one. It really is written in straightforward terms and not hard to understand. You can expect to like how the blogger wrote this book.
(Hudson Christiansen)

EMBRACING YOUR POTENTIAL



Human Kinetics. Paperback. Condition: New. 208 pages. Dimensions: 9.0in. x 6.1in. x 0.5in. 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 performance and personal domains of life. Author Terry Orlick labels these two domains as the Gold and Green zones. The Gold Zone includes the visible, tangible achievement markers, such as career advancement, win-loss records, and financial status. The Green Zone involves relationships and intellectual, spiritual, and cultural pursuits. Orlick argues that going for the Gold need not-and should not-require sacrificing the growth and development of the Green, and that the two zones can be nurtured simultaneously. Both inspirational and practical, Embracing Your Potential shares insights and quotes from elite athletes, performers, and people in highly demanding jobs. It also features 30 exercises that can help readers make meaningful, lasting changes to boost their performance and enrich their lives. Embracing Your Potential applies to people from all walks of life that want to excel and yet enjoy every day in the process. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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