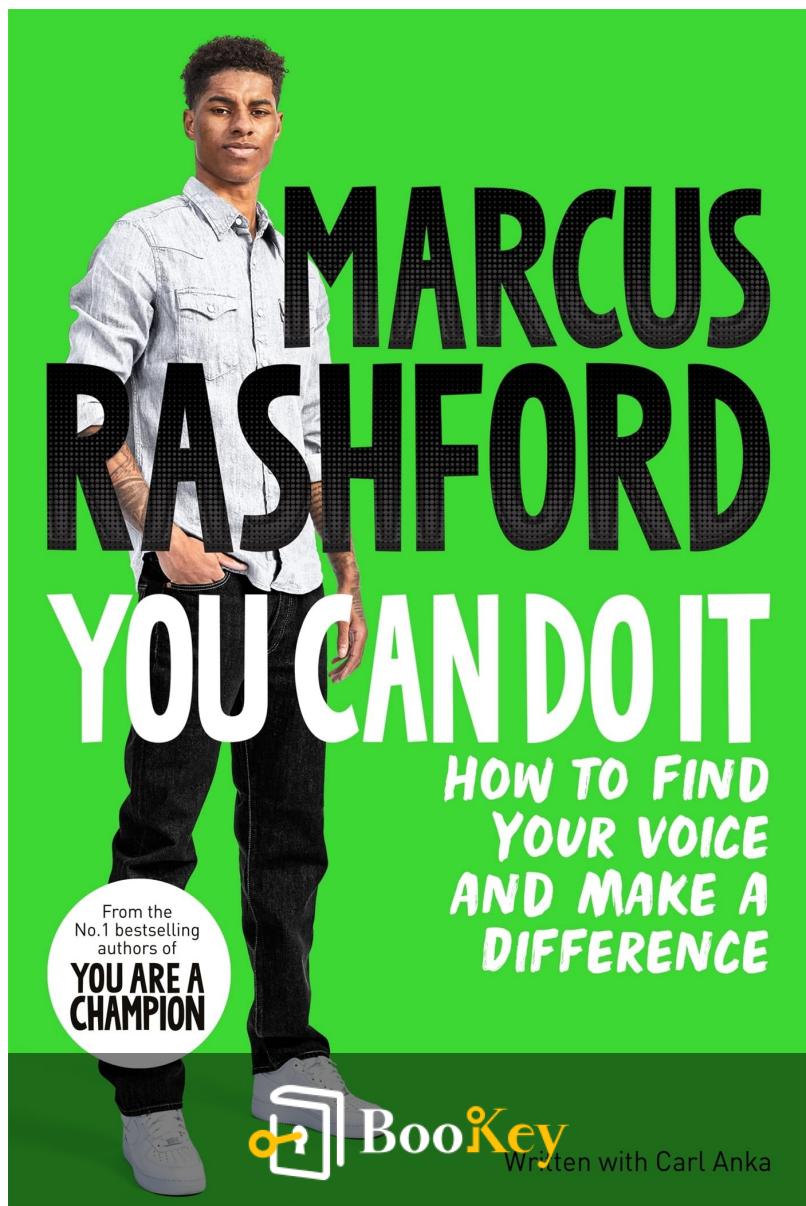


You Can Do It PDF

Marcus Rashford



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About the book

In "You Can Do It: How to Find Your Voice and Make a Difference," bestselling authors Marcus Rashford MBE and Carl Anka empower readers to harness the transformative impact of their actions, no matter how small. Building on the success of "You Are a Champion," Rashford shares his journey of using his voice to highlight social injustices and encourages you to discover the strength in yours. This inspiring guide emphasizes the importance of kindness, community, and celebrating diversity, illustrating that anyone can create meaningful change. Filled with personal anecdotes, insightful advice, and expert tips from social justice educator Shannon Weber, "You Can Do It" demonstrates that your voice matters and that you have the potential to make a difference in the world.

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About the author

Marcus Rashford is a professional footballer and a prominent advocate for social change, known for his powerful impact both on and off the pitch. Born on October 31, 1997, in Manchester, England, he emerged as a standout talent at Manchester United, making his debut at just 18 and quickly becoming one of the team's key players. Beyond his athletic achievements, Rashford gained international recognition for his dedication to fighting child food poverty in the UK, successfully campaigning for free school meals for vulnerable children during the COVID-19 pandemic. His compelling journey—from a young boy with dreams of playing football to a celebrated star and a voice for the voiceless—serves as an inspiration to many, making his book, "You Can Do It," a testament to resilience, determination, and the power of social responsibility.

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Summary Content List

Chapter 1 : 1. BE KIND TO YOURSELF

Chapter 2 : 2. BE KIND TO OTHERS

Chapter 3 : 3. NO SUCH THING AS ‘NORMAL’

Chapter 4 : 4. CELEBRATE AND CHAMPION
DIFFERENCE

Chapter 5 : 5. HOW TO MAKE A CHANGE

Chapter 6 : 6. BOUNCING BACK

Chapter 7 : 7. ALL ABOUT THE SQUAD

Chapter 8 : 8. BE A TEAM PLAYER

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Chapter 1 Summary : 1. BE KIND TO YOURSELF



Chapter 1 Summary: You Can Do It by Marcus Rashford

Personal Struggles and Pain

Marcus Rashford begins the chapter by sharing his challenges with injuries while playing for Manchester United and England. Despite his pain, he pushed himself through the season but questioned whether he should have taken a break earlier.

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UEFA European Championships Experience

In June and July 2021, Rashford reflects on his experience during the UEFA European Championships, where he played for England. Although they reached the final, they lost to Italy. He recounts the emotional atmosphere of the final and the pressure he felt before taking a crucial penalty, which he missed, leading to disappointment and negative reactions from fans.

Facing Backlash and Support

After the match, Rashford faced criticism, including racist comments directed at him. Despite the hurtful messages, he was uplifted by the outpouring of support from fans who appreciated his and his teammates' efforts. This support helped him reflect on self-kindness and recovery.

The Importance of Self-Care

Rashford emphasizes the necessity of taking care of oneself, particularly after his shoulder surgery. He discusses the significance of getting sufficient sleep and engaging in enjoyable activities. Recognizing that self-kindness is

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essential not only for his well-being but also for being there for others is a vital lesson he shares.

Perfectionism and Human Flaws

He addresses the harmful notion of perfectionism, stating that everyone makes mistakes, and it is natural to have limits. He encourages readers to reflect on their self-worth by listing things they are proud of to counter feelings of inadequacy.

Racism and Social Responsibility

Rashford also touches on racism, urging the importance of recognizing rights and responsibilities both for those who experience racism and those who witness it. He believes that collective efforts are necessary to combat discrimination in any form.

Caring for Oneself to Help Others

Finally, Rashford reiterates that taking care of oneself is crucial to effectively support others. He encourages readers to list their favorite self-care activities, underscoring that self-compassion enhances one's ability to uplift the community.

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Critical Thinking

Key Point: The necessity of self-care for personal and collective well-being.

Critical Interpretation: In the chapter, Rashford underscores self-care as fundamental not just for individual health but also for fostering the ability to support others. While this viewpoint aligns with a growing body of research emphasizing the importance of mental health and self-compassion (Neff, 2011), it is essential to acknowledge that the author's experience is subjective and may not encompass the diverse realities faced by all individuals, particularly those from varying socioeconomic backgrounds. For some, access to opportunities for self-care may be limited, suggesting that Rashford's perspective, while inspirational, may not necessarily apply universally.

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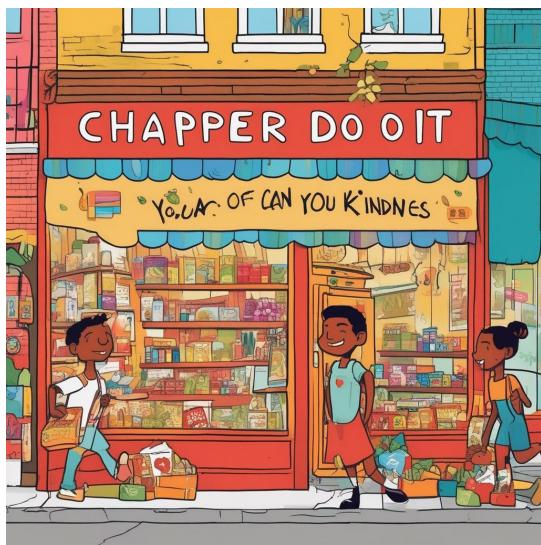


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Chapter 2 Summary : 2. BE KIND TO OTHERS



Section	Summary
Greg's Corner Shop Experience	Marcus reflects on Greg, a generous shopkeeper from his childhood, who offered food and refused payment for sweets, demonstrating the importance of community support.
The Ripple Effect of Kindness	Marcus highlights how kindness can inspire others, sharing his motivation from the kindness he received, leading to his involvement in an anti-food-poverty campaign.
Being There for Others	He encourages readers to support those in need and emphasizes that everyone has unique strengths to help others.
Finding Opportunities for Kindness	Kindness can be expressed through small, everyday actions, which contribute to a caring community, according to Marcus.
Overcoming Hesitation in Helping Others	Marcus reassures readers that asking for help is a sign of strength and encourages persistence in offering support, even if assistance is declined.
Join the Kindness Movement	He motivates readers to find ways to practice kindness daily, fostering a collaborative and supportive environment.
Creating a Kind Society	Marcus discusses the collective impact of kindness on community safety and care, advocating for the recognition of everyone's inherent worth.

Chapter 2 Summary: The Power of Kindness

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Greg's Corner Shop Experience

Marcus reflects on Greg, a kind shopkeeper who ran a little corner store during his childhood. Greg not only offered delicious Caribbean food but also generously refused payment for sweets, understanding the financial struggles of Marcus's family. This kindness created a lasting impact on Marcus and exemplified the importance of community support.

The Ripple Effect of Kindness

Marcus emphasizes that kindness can inspire others to act similarly, creating a chain reaction of goodwill. He highlights his involvement in an anti-food-poverty campaign in 2020, attributing his motivation to the kindness he received from Greg and others in his community.

Being There for Others

He encourages readers to be attentive to those in need, regardless of their background, and to offer help whenever possible. No one should shy away from kindness, as everyone has unique strengths that enable them to assist

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others.

Finding Opportunities for Kindness

Marcus reminds readers that kindness doesn't have to be grand gestures; small acts, like helping someone with directions or sharing a smile, also count. He notes that these everyday actions contribute to a caring community.

Overcoming Hesitation in Helping Others

Addressing the fear of asking for help, Marcus reassures readers that seeking assistance is a strength, not a weakness. He underscores that individuals can still be kind even if their help is declined, and encourages persistence in offering support.

Join the Kindness Movement

Lastly, Marcus motivates readers to reflect on their own lives and identify ways they can practice kindness daily. He stresses the importance of making space for kindness in both others' lives and their own, fostering a collaborative and supportive environment.

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Creating a Kind Society

He concludes by discussing the broader impact of collective kindness, likening it to the support shown for public services like the NHS. Through practicing kindness, individuals can create safer, more caring communities and remind everyone of their inherent worth.

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Example

Key Point: The impact of small acts of kindness in your community can be profound.

Example: Imagine walking down your street and noticing a neighbor struggling with groceries. Instead of just passing by, you stop to offer help, lifting the bags from their hands to yours. This simple act not only lightens their load but also sparks a smile and a warm thank you in return. The neighbor, feeling uplifted and grateful, might then decide to extend a similar gesture to someone else, creating a ripple effect of kindness throughout your community. Just like Greg, the shopkeeper who created a lasting impression on Marcus, your small actions can inspire others, transform lives, and strengthen the bonds that knit your neighborhood together.

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Chapter 3 Summary : 3. NO SUCH THING AS ‘NORMAL’

3 My Friend Jahedi

A Competitive Spirit

Back in school, I had a friend named Jahedi who excelled at cricket, showcasing a deep love for the game that inspired me. As someone who is highly competitive, I admired his skills and unique approach to the sport.

Learning from Differences

Playing alongside Jahedi made me realize that our differing perspectives on the game and life in general didn't hinder our friendship, but rather enriched it. His strategic thinking during matches contrasted with my instinctual approach, teaching me the value of thinking differently.

Cultural Connections

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Growing up in multicultural Manchester exposed me to a variety of cultures and experiences. My interactions with people from diverse backgrounds underscored our commonalities and the importance of community.

Embracing Diversity in Life

In my football career, I work with teammates from different religions, races, and lifestyles. This diversity offers valuable lessons about respect, understanding, and celebrating our differences rather than allowing them to divide us.

Respecting Traditions

Visiting Jahedi's home introduced me to his Muslim traditions, such as removing shoes and proper dining etiquette. These experiences highlighted the significance of

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Chapter 4 Summary : 4. CELEBRATE AND CHAMPION DIFFERENCE

Section	Summary
Personal Passion: Ninja Turtles	Marcus shares his love for Ninja Turtles, especially Donatello, and how drawing them helped him during a challenging school transition, leading to friendships and the importance of celebrating individual passions.
Encouraging Expression and Respect for Differences	Rashford stresses the need for safe spaces for self-expression and advocates for celebrating uniqueness, comparing it to nurturing a flower that needs care to thrive.
Creating a Supportive Community	He highlights the importance of friendships through shared interests and mentions collaboration across societal differences, advocating for allyship and inclusivity.
Historical Context of Racial Inequality	Rashford reflects on the challenges and racism faced by Black individuals in sports, illustrating how progress stems from celebrating diverse voices and initiatives.
The Role of Allyship	Readers are encouraged to be allies by using their voices to support marginalized individuals, with personal experiences shared to show the impact of collective actions.
Building Inclusive Spaces	Rashford believes in a world where uniqueness is showcased without fear, encouraging a culture of respect and celebration of diversity for a supportive community.
Activities for Reflection	Prompts for readers include reflecting on personal passions, thinking of ways to support those facing discrimination, and celebrating the diverse passions in their communities.

Chapter 4 Summary: Embracing Differences and Allyship

Personal Passion: Ninja Turtles

In this chapter, Marcus Rashford shares his love for the Ninja Turtles, particularly his favorite character, Donatello. He recounts how drawing the Turtles brought him joy, especially

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during his transition to a new school where he felt shy and unsure about showcasing his interests. Over time, he found support from classmates who encouraged him to share his work rather than hide it, leading to lasting friendships. This experience taught him the importance of celebrating individual passions, regardless of how others might perceive them.

Encouraging Expression and Respect for Differences

Rashford emphasizes the significance of providing a safe space for others to express their true selves without fear of judgment. He advocates for celebrating what makes us different, saying that being unique enriches our communities. He encourages readers to approach others' passions with care and respect, comparing it to nurturing a flower that needs protection to thrive.

Creating a Supportive Community

He highlights how friendships can flourish through shared interests, regardless of differences. By collaborating, individuals can create something beautiful, such as art or films. This notion of collaboration extends beyond hobbies to

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encompass broader societal differences, including race, gender, and sexuality. Rashford stresses the necessity of standing with marginalized voices and being allies in promoting equality and inclusivity.

Historical Context of Racial Inequality

Rashford reflects on the historical challenges faced by Black individuals, including racism in sports like football. He illustrates how progress has been made when diverse voices are celebrated rather than dismissed. Anti-racism movements and initiatives in football demonstrate how embracing differences has led to positive change.

The Role of Allyship

He encourages readers to engage in allyship by using their voices to support those marginalized or in need. He shares his experience with an anti-food-poverty project to illustrate how personal connections can empower collective action. Rashford reiterates that being an ally can be as simple as everyday acts of kindness and support.

Building Inclusive Spaces

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Rashford believes in a world where everyone can showcase their unique passions and identities without fear. He encourages recognizing and valuing the small differences that define our communities. By cultivating a culture of respect and celebration of diversity, individuals can contribute to a supportive environment.

Activities for Reflection

The chapter concludes with prompts for readers to engage with their personal passions and those of their communities:

1.

What Are Your Flowers?

- Reflect on your passions and draw them.

2.

Be an Ally

- Think of ways to support those facing discrimination.

3.

Show Off Your Garden

- Visualize and celebrate the diverse passions of those around you.

By embracing our differences and supporting each other, Rashford believes that we can create a world where everyone feels valued and celebrated.

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Example

Key Point: Embrace and celebrate differences to foster a supportive community.

Example: By sharing your own unique passions and respecting those of others, like how you might showcase your love for art or music, you not only encourage your peers to express themselves but also contribute to a richer, more inclusive environment. Imagine when you invite a classmate to join you in your drawing, allowing their different styles to flourish alongside yours—this collaboration not only beautifies your school but also strengthens friendships and dismantles barriers of judgment.

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Critical Thinking

Key Point: The necessity of embracing differences in society.

Critical Interpretation: While Marcus Rashford eloquently advocates for celebrating uniqueness and standing in solidarity with marginalized communities, his perspective may oversimplify the complexities of social dynamics. Emphasizing allyship and support is crucial, but one must consider the potential for performative actions that lack true understanding or commitment. According to Tatum (1997), allyship should be founded on genuine connections rather than surface-level support. Readers are encouraged to question whether simply encouraging expression among individuals is enough to dismantle systemic inequalities, or if deeper, more critical actions are necessary for real change.

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Chapter 5 Summary : 5. HOW TO MAKE A CHANGE

Chapter 5 Summary: The Journey of Change

Introduction to Charitable Work

Marcus Rashford reflects on the question of how he became involved in charitable efforts. He shares that his initiative began in early 2020, originally sparked by a student's request to judge a poetry competition, which motivated him to learn British Sign Language and connect with young people.

Realizations During Lockdown

While dealing with his football injuries and experiencing downtime, Rashford realized the potential for helping others, particularly children in his community facing food poverty during the COVID-19 lockdown.

Understanding Free School Meals

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Rashford discusses his experience with free school meals and the importance of these programs for families in need. He acknowledges that many children rely on these meals and worked to understand how to assist families struggling during school closures.

Collaboration with FareShare

He partnered with FareShare, a charity that helps feed those in need, and discovered the extent of food insecurity affecting millions of children in the UK. This partnership was a pivotal moment that propelled his efforts into the public eye.

The Call for Action

Recognizing the impending end of free school meals over the summer, Rashford wrote a letter to all members of parliament to advocate for extending the program. The widespread support from the public led to a significant response from the government.

Surreal Conversations and Collective Action

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Following his efforts, Rashford received a call from the Prime Minister informing him that the free school meal program would be extended, illustrating the power of community action and advocacy.

Empowerment Through Vulnerability

Rashford emphasizes the importance of sharing personal stories to inspire change and encourages others to be open about their challenges as a way of fostering understanding and support.

The Steps to Change

He outlines that change comes gradually, through awareness, teamwork, and courage. He stresses the value of finding a passion and leveraging it to contribute to societal improvement.

Unity and Progress in Activism

Rashford celebrates the collective efforts of individuals who work tirelessly to make a difference across various issues,

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highlighting historical examples of social movements. He encourages readers to identify their interests and take actionable steps in their communities.

Conclusion: Keeping the Momentum

He closes with a call to create positive change, emphasizing teamwork and resilience in the face of challenges. Rashford expresses pride in the progress made while acknowledging that the journey of change is ongoing and requires continued commitment and reflection.

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Chapter 6 Summary : 6. BOUNCING BACK

Summary of Chapter 6: The Importance of Learning from Mistakes

Winning Through Preparation

Marcus Rashford emphasizes the importance of hard work and preparation in football, including training, studying opponents, and reviewing performances. He notes that the same dedication applies to his charity work, where he seeks to gather information and engage with experts to make informed decisions.

Embracing Mistakes

Despite preparation, mistakes are inevitable. Rashford shares personal anecdotes illustrating that everyone, including professional athletes, makes errors. He stresses that mistakes do not define a person; rather, how one reacts to them is

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crucial.

Learning as a Process

Mistakes provide valuable learning opportunities. Rashford believes each setback in football, and life, offers lessons that contribute to growth. He compares mistakes to the first pancake—often not the best, but essential for improving subsequent attempts.

Forgiveness and Self-Compassion

Rashford advocates for self-forgiveness after mistakes, encouraging readers to say empowering affirmations. He stresses that blaming oneself indefinitely is unproductive and emphasizes the need to forgive others similarly.

Collective Responsibility and Support

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Chapter 7 Summary : 7. ALL ABOUT THE SQUAD

Summary of Chapter 7: The Importance of Teamwork in Life

Team Sports and Personal Growth

Chapter 7 emphasizes the significance of teamwork, particularly in football, as a means of connection, personal development, and overcoming shyness. The author, Marcus Rashford, shares personal anecdotes about how playing football helped him forge friendships and navigate social challenges throughout his life.

Building Relationships Through Teamwork

Football is depicted as a universal sport that fosters communication among diverse individuals. Rashford explains that successful teams thrive on shared interests, good communication, and a sense of community. He

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encourages readers to recognize the importance of their "team"—friends, family, teachers, and others who support them.

The Value of Every Team Member

The chapter highlights that no achievement is accomplished alone, using examples from both sports and filmmaking to illustrate the behind-the-scenes collaboration that leads to success. Rashford stresses the need for gratitude and acknowledgment of those who contribute to an individual's achievements.

Finding Your Team

To cultivate meaningful relationships, individuals should seek teammates who share common values and who care about their well-being. Rashford urges readers to remain open to forming new relationships and to embrace changes within their personal circles over time.

Life as a Collective Journey

The chapter concludes by affirming that everything in life is

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interconnected, resembling a team sport where collaboration leads to greater accomplishments. It encourages readers to nurture their connections and to recognize the collective effort required to navigate life's challenges.

Activities for Reflection

1.

Relationship Mapping

: Create concentric circles to visualize connections from global to personal levels, emphasizing the community's impact on individual lives.

2.

Reflecting on Past Teammates

: List friends or mentors who have influenced you, acknowledging their contributions to your growth as you move into new teams and stages of life.

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Chapter 8 Summary : 8. BE A TEAM PLAYER

Chapter 8 Summary: Embracing Teamwork and Kindness

Introduction

In the final chapter, Marcus Rashford reflects on the emotional journey of writing his book and underscores the importance of teamwork and being a good teammate.

The Value of Teamwork

Rashford emphasizes that being part of a team opens opportunities for incredible experiences and achievements. True growth occurs when individuals collaborate with like-minded people, turning the seemingly impossible into possible.

Being a Good Team Player

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The chapter stresses the significance of respect and kindness in teamwork. Rashford encourages readers to embrace vulnerability and trust, stating that sharing one's true self strengthens team dynamics.

Communicating with Kindness

Rashford advocates for kindness as a foundational principle in fostering relational strength. Honest communication, particularly during disagreements, is critical for maintaining a healthy team environment.

Learning from Differences

Rashford highlights the diversity of learning styles within a team. Understanding and accommodating these differences ultimately leads to collective success.

Solidarity in Teams

The concept of solidarity, or mutual support among team members, is paramount. Rashford illustrates the idea that good teammates uplift each other and recognize shared

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experiences to build stronger bonds.

Celebrating Success Together

A strong message in this chapter is the celebration of teammates' successes as fervently as one's own.

Acknowledging contributions fosters a positive atmosphere and strengthens team morale.

Conflict Resolution through Communication

Effective communication is portrayed as essential for resolving conflicts. Rashford suggests taking time to process feelings before addressing issues, ensuring discussions come from a place of care.

Fostering a Caring Environment

Rashford encourages readers to practice self-care alongside caring for others. Checking in on friends and self-reflecting fosters a supportive environment essential for personal and collective growth.

Call to Action

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Finally, Rashford inspires readers to engage with their communities and causes they care about. He challenges readers to identify ways they can show kindness and work collaboratively towards meaningful goals.

Conclusion

Rashford ends the chapter by reaffirming that while individual achievements are important, there are limitless possibilities when working as part of a team. Together, great changes can be accomplished through kindness, support, and open communication.

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Best Quotes from You Can Do It by Marcus Rashford with Page Numbers

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Chapter 1 | Quotes From Pages 16-33

1.I TRIED MY BEST.

2.LET ME TELL YOU, I LOVE ENGLAND, AND
PLAYING FOR MY COUNTRY IS ONE OF THE
GREATEST HONOURS I HAVE HAD AS A
FOOTBALLER.

3.WHEN YOU SURROUND YOURSELF AND OPEN UP
TO PEOPLE WHO CAN BE KIND TO YOU, YOU
LEARN HOW TO BE KIND TO YOURSELF.

4.IT CAN BE HARD TO DO WHEN THINGS ARE BUSY,
OR WHEN YOU WANT TO REACH A GOAL
QUICKLY, BUT SOMETIMES GOING AT A PACE
YOU'RE COMFORTABLE WITH IS BETTER THAN
GOING AS FAST AS POSSIBLE.

5.NO ONE, AND I MEAN NO ONE, IS PERFECT!

6.WHEN YOU TAKE THE TIME TO CARE FOR

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YOURSELF – GETTING ENOUGH SLEEP, TALKING TO A TRUSTED ADULT ABOUT YOUR PROBLEMS, DOING THINGS YOU LIKE TO DO IN YOUR FREE TIME – YOU’LL FEEL MORE ENERGIZED.

Chapter 2 | Quotes From Pages 34-48

1. ‘You can have the sweets, but keep the money,’ he’d tell me. ‘I’ll talk to your mum when she next comes into the shop.’

2.GREG HAD BEEN KIND TO ME, JUST BECAUSE HE COULD. AND WHAT HE DID MADE ME REALISE THAT I know there are a lot of sayings out there like ‘kindness is weakness’ or ‘nice guys finish last’...

3.WHEN YOU ARE KIND TO SOMEONE ELSE, IT CAN START OFF THIS CHAIN REACTION...

4.IF YOU’RE THINKING ABOUT BEING KIND AND HELPING ANOTHER PERSON, DON’T BE PUT OFF BY WHAT SOMEONE ELSE THINKS.

5.EVERYBODY IS DIFFERENT, AND DIFFERENT PEOPLE HAVE DIFFERENT STRENGTHS, WHICH

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MEANS THAT DIFFERENT PEOPLE CAN HELP WITH DIFFERENT THINGS.

6.I DON'T BELIEVE THAT. If you've ever shown kindness to someone and they've turned around and been unkind back, try your best to keep your head up.

7.Never underestimate your actions – even the smallest act of kindness can have the biggest impact.

Chapter 3 | Quotes From Pages 49-64

1.WE'RE ALL A BIT DIFFERENT, AND THAT DIFFERENCE IS SOMETHING THAT SHOULD BE CELEBRATED.

2.If you want to learn something, you can either be brave and ask someone or try to learn about it by reading up on the subject.

3.YOUR LIFE IS GOING TO BE FULL OF DISCOVERIES, AND IF YOU WANT TO KNOW SOMETHING YOU CAN EITHER BE BRAVE AND ASK SOMEONE OR TRY TO LEARN ABOUT IT BY READING UP ON THE SUBJECT.

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**4.I TRY NOT TO THINK OF GROUPS AS ‘US’ AND
‘THEM’ BUT AS ‘ALL OF US, TOGETHER, DOING
OUR OWN THING’.**

5.For me, that space is my home, with my mum. I don’t think it’s right for people to have to pretend to enjoy something or pretend to be something they are not in order to better fit in with the ‘cool crowd’.

6.EVERYONE HAS HAD A MOMENT WHERE THEY HAVE THOUGHT THEY WEREN’T NORMAL . . . WHICH MEANS THAT FEELING IS A TOTALLY NORMAL THING!

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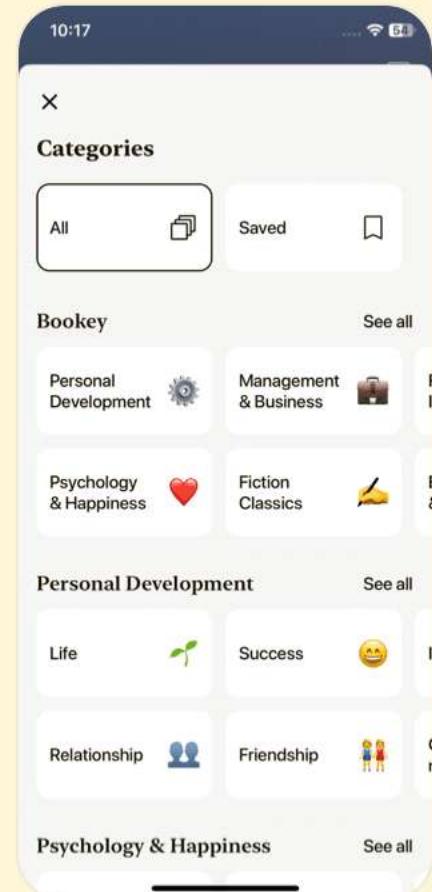
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Chapter 4 | Quotes From Pages 65-81

- 1.'Not just the things that were cool or ‘normal’ for a boy to do at school, like play football, but everything about me, including the things I did that were different.'
- 2.'Try to give them space so they can feel ok about revealing all of their personality, and don’t make them feel like they need to hide parts of who they are.'
- 3.'A person’s passion is like a flower; it can take years to develop and grow, but it can be trampled and destroyed by someone else very quickly and easily.'
- 4.'Things don’t change if things don’t change.'
- 5.'You are only just coming into discovering your voice, but I want you to understand it has a power that can change the world – not only for you but for the people around you – if you choose to be an ally.'

Chapter 5 | Quotes From Pages 82-102

- 1.I didn’t wake up one morning and just say to myself ‘I’m going to fix everything’.

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- 2.Because so much of making a change comes from a place of vulnerability – where you leave your comfort zone and open up parts of yourself for the rest of the world to see.
- 3.The reward of helping one person or helping make a change – however small – will be far greater than what anyone else can say to try to bring you down.
- 4.Finding out that you have a voice is one of the most empowering things you will ever experience.
- 5.Positive change happens bit by bit, it can sometimes feel like you're not making any progress when you actually are.

Chapter 6 | Quotes From Pages 103-120

- 1.‘JUST BECAUSE YOU’VE MADE A MISTAKE,
YOU’RE NOT LESS THAN WHAT YOU WERE
BEFORE.’
- 2.‘NONE OF THESE MISTAKES DEFINE WHO I AM.’
- 3.‘WHEN YOU MAKE A MISTAKE YOU CAN BE KIND
TO YOURSELF AND LEARN FROM IT.’
- 4.‘MISTAKES ARE PART OF THE PROCESS OF
MAKING A GOOD BATCH OF PANCAKES, JUST LIKE

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HOW THEY ARE PART OF THE PROCESS IN YOUR OWN PERSONAL JOURNEY.'

5. 'YOU ARE NOT YOUR MISTAKES.'

6. 'FORGIVENESS IS IMPORTANT FOR EVERYONE – NOT JUST THE PERSON YOU ARE FORGIVING, BUT FOR YOU AS WELL.'

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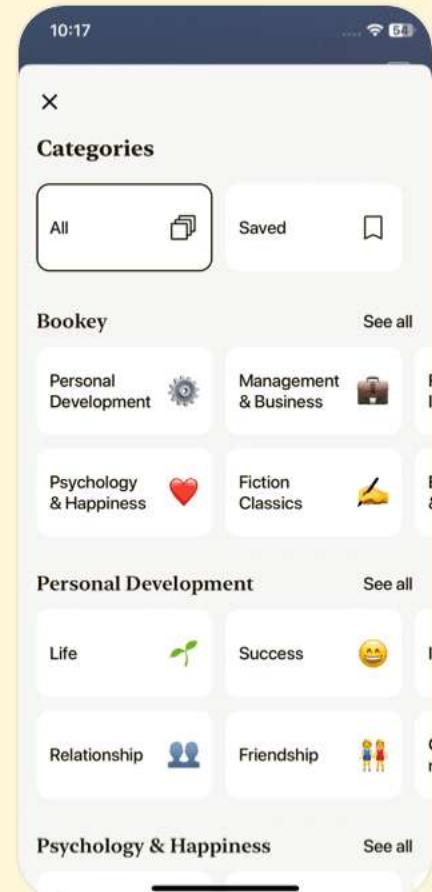
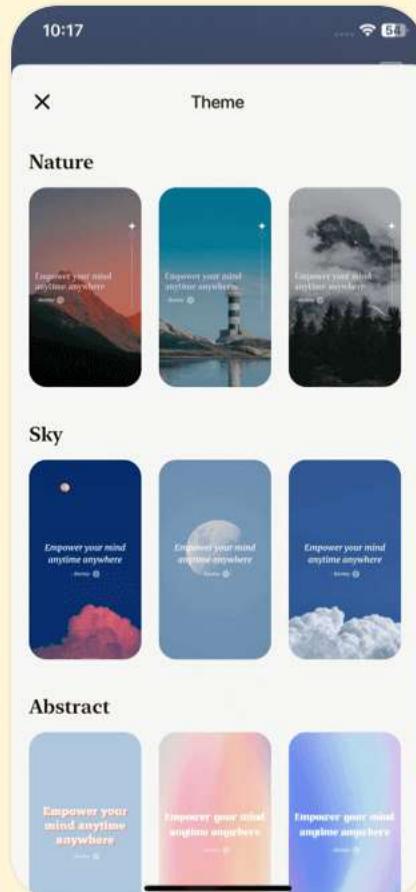
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Chapter 7 | Quotes From Pages 121-135

1. ‘IT’S TO HELP YOU GET ALONG BETTER WITH OTHER PEOPLE – YOU CAN’T WORK AS A TEAM IF YOU CLASH WITH YOUR PARTNER ALL OF THE TIME.’

2. ‘When everyone comes together, you can do a lot more than you could ever do on your own.’

3. ‘EVEN WHEN YOU THINK YOU HAVE NOTHING ELSE, YOU WILL ALWAYS HAVE YOUR LOVED ONES.’

4. ‘There is a saying spoken by the Zulu people of South Africa: ‘Umuntu ngumuntu ngabantu’. Translated into English, it means ‘a person exists through their relationships with others’.

5. ‘WITH THIS BOOK, I WANTED TO SHOW YOU THAT YOUR VOICE CAN MAKE A DIFFERENCE, AND I WANT YOU TO REMEMBER THAT ON YOUR JOURNEY TO DO THIS YOU ARE STRONGER AS PART OF A TEAM.’

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Chapter 8 | Quotes From Pages 136-153

- 1.I HOPE YOU KNOW THERE ARE LOADS OF PEOPLE OUT THERE WHO HAVE READ THE SAME PAGES AS YOU HAVE.**
- 2.When you link up with other like-minded people and work towards something together . . .? That's where the magic happens.**
- 3.I WOULD REALLY LIKE TO LIVE IN A WORLD WHERE BEING KIND ISN'T THOUGHT OF AS BEING 'WEAK' OR 'NAIVE'.**
- 4.ONE GOOD FOOTBALL PLAYER CANNOT WIN EVERY GAME BY THEMSELVES. THEY HAVE TO BE A GOOD TEAM PLAYER AND CONNECT WITH OTHERS ON TOP OF ANY PERSONAL SKILLS THEY MAY HAVE.**
- 5.WHEN YOUR TEAMMATES WIN, CELEBRATE THEIR SUCCESS JUST AS HARD AS YOUR OWN.**
- 6.STAY CURIOUS, ALWAYS. ASK AS MANY QUESTIONS AS POSSIBLE ABOUT THINGS YOU**

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ABOUT THE THINGS YOU ARE EXCITED TO
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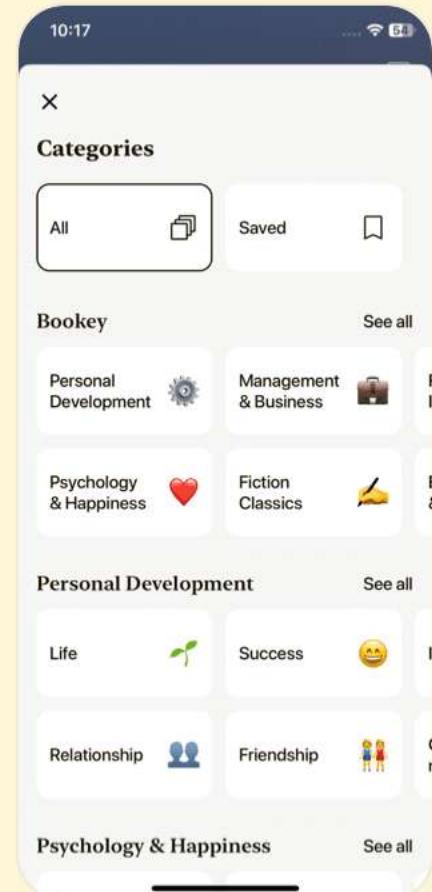
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Chapter 1 | 1. BE KIND TO YOURSELF| Q&A

1.Question

What lesson can be learned from Marcus Rashford's injuries and the 2020 UEFA Final?

Answer: One key lesson is the importance of listening to your body and recognizing when to take a break. Rashford reflects on how pushing through pain impacted his performance. He learns that being kind to oneself is crucial for recovery, as ignoring physical pain can lead to negative outcomes, both physically and mentally.

2.Question

How did the public's support impact Marcus Rashford after the final match?

Answer: After experiencing backlash and racism following the penalty miss, the outpouring of support from fans helped lift his spirits. Messages of encouragement reminded him of

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the positive aspects of his journey and provided a sense of community, showcasing the importance of kindness and solidarity.

3.Question

What does Marcus Rashford suggest about the concept of perfectionism?

Answer: Rashford emphasizes that perfectionism is unrealistic. He states that making mistakes is part of being human and that everyone has strengths and weaknesses, which should be acknowledged and embraced rather than judged.

4.Question

How can individuals combat feelings of inadequacy or failure, based on Rashford's experiences?

Answer: Rashford advises individuals to focus on their unique contributions and accomplishments by listing reasons for self-pride. This helps combat negative feelings and encourages a healthier self-image.

5.Question

What rights and responsibilities does Rashford highlight

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regarding racism?

Answer: Rashford outlines that individuals targeted by racism have the right to refuse discriminatory jokes and demand equal treatment. Meanwhile, those not targeted have the responsibility to listen to experiences of racism and speak out against it.

6.Question

Why is self-care important, according to Rashford?

Answer: Self-care is essential because it allows individuals to recharge and maintain their well-being. Rashford notes that taking care of one's health and happiness enables people to better support others and contribute positively to their communities.

7.Question

What practical advice does Rashford give for maintaining mental and physical health?

Answer: Rashford suggests ensuring adequate sleep, engaging in enjoyable activities, surrounding oneself with positive influences, and staying hydrated as fundamental practices for

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mental and physical wellness.

8.Question

How does Rashford define 'being kind to yourself'?

Answer: Being kind to oneself means recognizing personal limits, practicing self-compassion during difficult times, and allowing oneself to recover and grow without unnecessary pressure.

Chapter 2 | 2. BE KIND TO OTHERS| Q&A

1.Question

What did Greg do for Marcus and his family that demonstrated kindness?

Answer: Greg gave Marcus and his family food without asking for payment, understanding their financial struggles. He provided them with delicious Caribbean meals and snacks, showing generosity and care without expecting anything in return.

2.Question

How did Marcus view kindness and its impact on others?

Answer: Marcus believed that kindness creates a chain reaction, inspiring others to be kind in turn. He emphasized

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that when people help each other, it fosters a supportive community where everyone can thrive.

3.Question

What role did kindness play in Marcus's anti-food-poverty project?

Answer: The kindness he received as a child fueled his desire to help others when he saw children in need during the pandemic. His experiences with Greg taught him the importance of helping those who struggle, leading to the successful campaign that supported millions of children.

4.Question

How can individuals exhibit kindness in daily life?

Answer: Individuals can practice kindness through small gestures, like helping someone pick up something they've dropped or offering their seat to someone in need on public transport. These small acts collectively contribute to a caring community.

5.Question

What should you do if someone turns down your offer of help?

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Answer: Don't feel discouraged if someone declines your help; it doesn't reflect your worth. People may prefer to tackle things themselves, and you can always offer your help to someone else later.

6. Question

Why is it important to be kind even to those who have been unkind?

Answer: Being kind to those who have been unkind can potentially change their perspective. It reinforces the idea that kindness is a strength, not a weakness, and helps break the cycle of hurt.

7. Question

What can you do to remind yourself that you are deserving of kindness?

Answer: Write down three reasons why you deserve kindness and display them somewhere you'll see daily, like on a mirror. This reinforces your self-worth and encourages you to practice kindness towards yourself.

8. Question

What does Marcus say about the misconceptions

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regarding kindness?

Answer: Marcus challenges the notion that kindness equates to weakness or makes one susceptible to being taken advantage of. Instead, he highlights that kindness is a powerful force that strengthens communities and oneself.

9.Question

What lesson does Marcus learn from Greg's approach to helping others?

Answer: Marcus learns that kindness should be given freely and without expectation. Greg's refusal to accept payment for food taught him that true kindness is about caring for others and supporting those in need.

10.Question

How does Marcus connect kindness to community well-being?

Answer: He believes when everyone practices kindness, it fosters a safe and nurturing environment. Kind actions can uplift entire communities, promoting collaboration and solidarity among its members.

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Chapter 3 | 3. NO SUCH THING AS ‘NORMAL’| Q&A

1.Question

What did you learn from Jahedi about different perspectives?

Answer:I learned that just because someone sees the world differently, it doesn't mean we can't get along. Understanding and appreciating our differences can make us better friends and teammates.

2.Question

How did your experiences in multicultural Manchester shape your view on differences?

Answer:Living in diverse areas taught me that, despite different backgrounds, we share common values like love for family and desire for a better community. It emphasized how working together enriches our lives.

3.Question

What is significant about Jahedi's approach to cricket compared to yours?

Answer:Jahedi's strategic thinking and graceful play showed

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me that there is more than one way to excel at something. His ability to anticipate and adapt made him an extraordinary cricketer, contrasting with my more power-focused approach.

4.Question

How can we respect and learn from cultural differences?

Answer: We can show respect by being open to learning different practices, like how Jahedi invited me to take off my shoes at his home. This willingness to adapt is key to understanding and finding common ground.

5.Question

Why should we celebrate differences rather than hide them?

Answer: Differences should be celebrated because they add richness to our lives and communities. Embracing our uniqueness allows us to learn, grow, and find joy in our individual stories.

6.Question

What can we do to make others feel included and respected?

Answer: We can listen actively, ask respectful questions, and

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ensure everyone's voice is heard. Standing up for others, especially when they are bullied or made to feel different, is crucial.

7.Question

How does treating others with kindness impact our communities?

Answer: Kindness lays the foundation for a harmonious community where everyone feels valued and accepted. This leads to collaboration and a stronger, united front to tackle challenges together.

8.Question

Why is it important to challenge the idea of 'normal'?

Answer: Challenging 'normal' helps us recognize that there's no single way to live or be. It opens the door to understanding and appreciating the diversity that makes life vibrant.

9.Question

What should you do if someone questions your passions or interests?

Answer: You should stand firm in your identity and respond

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proudly about what makes you happy. Your interests are valid, and it's important to remain true to yourself.

10.Question

How can we view differences as opportunities rather than barriers?

Answer: View differences as chances to learn from others' experiences and perspectives. Each encounter can expand our understanding and foster relationships that celebrate our diversity.

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Chapter 4 | 4. CELEBRATE AND CHAMPION DIFFERENCE| Q&A

1.Question

What does the author mean by 'flowers' in the context of passions?

Answer:'Flowers' represent the individual passions and interests that bring happiness and joy to a person. Just like flowers need care to grow, passions also need nurturing and support to flourish. It's important to protect these passions, allowing people to express their uniqueness without fear of judgment.

2.Question

How did the author's experience with drawing Ninja Turtles influence his personal growth?

Answer:The author's experience illustrates that sharing personal interests can lead to acceptance and friendship. Initially shy, he learned to embrace his passion for drawing, which not only boosted his confidence but helped him connect with classmates. This journey taught him that it's

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okay to be different and that revealing one's true self can lead to deeper relationships.

3.Question

What is the importance of allyship according to the author?

Answer: Allyship means supporting those whose voices are marginalized, fostering a community where differences are celebrated rather than hidden. The author emphasizes that being an ally involves listening and voicing support for others, thereby empowering individuals to stand up for their rights and allowing everyone to share their talents openly.

4.Question

Can you provide an example of how the author suggests being an ally?

Answer: The author suggests practical ways to be an ally, such as standing up against unfair situations, educating oneself about issues like racism, and actively supporting the rights of marginalized groups. For instance, men can advocate for women's rights by speaking out against

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stereotypes and promoting equity.

5.Question

What does the author mean by saying 'Things don't change if things don't change'?

Answer: This phrase means that in order to create a better and fairer world, we must be willing to change our actions and perspectives. It implies that simply wishing for change is not enough; we need to actively seek out and challenge the status quo to ensure everyone's voices are represented.

6.Question

How can sharing passions with others benefit a community?

Answer: Sharing passions creates opportunities for collaboration and mutual growth. When individuals bring their unique interests together, like sports or art, they can inspire one another and foster creativity. This interaction cultivates a rich community where everyone can thrive, leading to shared experiences and deeper connections.

7.Question

Why does the author compare a person's passion to a

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flower?

Answer: The author compares a person's passion to a flower to highlight the fragility and beauty of individual interests. Just as flowers need proper care and protection to grow, passions need support and respect to thrive. If trampled upon or dismissed, as with harsh criticisms, passions can wither away, underscoring the need for nurturing environments.

8.Question

What is the significance of supporting women's football in the author's narrative?

Answer: Supporting women's football is significant as it highlights the broader theme of equality and celebration of diversity. It reflects the importance of recognizing and valuing contributions from all individuals regardless of gender, showcasing how inclusion can enrich the sport and society as a whole.

Chapter 5 | 5. HOW TO MAKE A CHANGE| Q&A

1.Question

What inspired Marcus Rashford to start advocating

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against child food poverty?

Answer: Marcus Rashford was inspired to advocate against child food poverty after receiving a letter from a boy with a hearing impairment, asking him to judge a poetry competition at his school. This act of kindness ignited a passion within Rashford to help children in need, particularly those who rely on free school meals, especially during the lockdown in 2020.

2.Question

How did Rashford's personal experience influence his activism?

Answer: Rashford's own experience of being on free school meals during his childhood made him acutely aware of the struggles faced by families in similar situations. This background fueled his motivation to ensure that no child would go hungry, prompting him to start researching ways to help families access food during the pandemic.

3.Question

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What was Rashford's initial goal when he started his food campaign?

Answer:Initially, Rashford aimed to help 40,000 people access free meals during the pandemic.

4.Question

What was the outcome of Rashford's letter to the government?

Answer:After Rashford wrote a letter to the Prime Minister urging the government to extend the free school meals scheme over the summer holidays, the government responded favorably and decided to extend the scheme, illustrating the impact of collective action and his vulnerability in sharing his story.

5.Question

How can individuals start making a change in their communities according to Rashford?

Answer:Individuals can start making a change by identifying causes they care about, researching those issues, and getting involved through volunteering, raising awareness, or

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contributing to local charities. It begins with understanding that everyone has a voice and can contribute, no matter how small their actions may seem.

6.Question

What does Rashford emphasize about the process of making change?

Answer: Rashford emphasizes that making change is a gradual process filled with ups and downs, and it requires perseverance, teamwork, and the humility to seek help from others. True progress comes from collective efforts and the understanding that it's okay to start small.

7.Question

Why is vulnerability important in the journey to make a change?

Answer: Vulnerability is important because it allows individuals to share their experiences and challenges openly, fostering connection and understanding. Acknowledging that one needs help can inspire others and mobilize support for a cause, which is crucial for initiating meaningful change.

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8.Question

What message does Rashford want to convey to children who may feel ashamed of their background?

Answer: Rashford wants children on free school meals to realize that there is no such thing as 'normal,' and they should never feel ashamed about their circumstances. He assures them that what matters most is that they are being looked after and that their backgrounds do not define their worth.

9.Question

What is a key takeaway from Rashford's journey towards helping those in need?

Answer: A key takeaway is that every individual can make an impact when they recognize their voice and act on their passions. Change often begins with a single act of kindness or concern, which can snowball into greater collective action.

10.Question

How does Rashford suggest one deal with setbacks while trying to create change?

Answer: Rashford suggests taking breaks to reflect on progress, learning from setbacks, and remaining determined

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to push forward, emphasizing that difficulties are part of the journey and that persistence is essential.

Chapter 6 | 6. BOUNCING BACK| Q&A

1.Question

What can we learn from mistakes according to Marcus Rashford?

Answer: We learn that mistakes are normal and part of the human experience. Every mistake is an opportunity to grow and improve. They help us understand our skills, test our limits, and shape our personal journey. Mistakes do not define who we are; how we react and learn from them is what truly matters.

2.Question

How should we view our own mistakes?

Answer: We should forgive ourselves for making mistakes, recognizing that they happen to everyone and they provide learning opportunities. It's important to know that making a mistake does not make us a mistake. We can be kind to

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ourselves, learn from our experiences, and move forward.

3.Question

How does the pancake analogy relate to making mistakes?

Answer: Just like the first pancake is often imperfect, our initial attempts at something new may not be successful. The process of making pancakes, where each one gets better with practice, symbolizes how we can improve through trial and error. Mistakes are part of the process that leads to success.

4.Question

What is the importance of teamwork when dealing with mistakes?

Answer: Teamwork is crucial when we face mistakes because we can support each other in learning and bouncing back.

When mistakes happen, collective responsibility helps create an environment where every individual can learn and grow, showing that we are not alone in our journeys.

5.Question

How should we respond to others' mistakes?

Answer: We should respond with kindness and empathy, just

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as we would want to be treated when we make a mistake. Helping others learn from their errors creates a positive cycle of support and forgiveness, fostering a nurturing atmosphere for growth.

6.Question

What should we do when things don't go our way, even when we've made no mistakes?

Answer: It's important to accept that sometimes things go wrong for reasons beyond our control. We should focus on how to move forward, taking it as an opportunity to learn and grow rather than blaming ourselves or others.

7.Question

Why is it essential to have a support network when making mistakes?

Answer: Having a support network provides encouragement and perspective, reminding us that we're not alone and we can overcome our errors. They help us bounce back, keep trying, and hold us accountable for our actions, which is vital for personal growth.

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8.Question

What concept of forgiveness does Marcus Rashford emphasize in this chapter?

Answer: Rashford emphasizes that forgiveness is not only for the person who made the mistake but also essential for ourselves. It acts as a healing process that helps us move on from hurt and learn from experiences, allowing us to grow and improve.

9.Question

What advice does Marcus Rashford give regarding self-image in relation to mistakes?

Answer: He advises against equating mistakes with our self-worth. We should recognize our inherent value beyond errors and focus on the lessons learned from them rather than allowing them to shape our identity.

10.Question

In what way does engaging with mistakes promote personal development?

Answer: Engaging with mistakes promotes personal development by encouraging reflection and continuous

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improvement. It fosters resilience and adaptability, enabling us to recover from setbacks and approach new challenges with greater wisdom and preparation.

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Chapter 7 | 7. ALL ABOUT THE SQUAD| Q&A

1.Question

Why is teamwork important in sports and life?

Answer: Teamwork is crucial because it allows individuals to bring together their strengths, support one another, and achieve more than they could alone. It instills values such as communication, cooperation, and mutual respect, which are essential both on the field and in everyday life.

2.Question

What does the saying 'a person exists through their relationships with others' mean?

Answer: This saying emphasizes that our identities and successes are intertwined with the connections we build and nurture with those around us. It highlights the importance of community and support systems in shaping who we are.

3.Question

How can a love for a particular sport help build friendships?

Answer: Engaging in a sport provides a common ground that

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allows individuals to connect immediately. For example, holding a football and inviting others to play can break the ice and create opportunities for friendships, as seen in my own experience with Jamie.

4.Question

What can you learn from changing teams or friendships over time?

Answer: Changing teams or friendships teaches us adaptability and the value of cherishing past connections. Each person we meet contributes to our growth, helping us realize what we appreciate and the lessons learned can be carried into new relationships.

5.Question

How do you define a teammate?

Answer: A teammate is not just someone who shares a field or a project but anyone who supports you, believes in your abilities, and shares your values. They are individuals who check in on you and care about your well-being, regardless of how often you interact.

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6.Question

What role does communication play in effective teamwork?

Answer: Communication is vital as it fosters understanding among team members. Good communication enables individuals from diverse backgrounds to collaborate towards a common goal, allowing for the expression of ideas and resolving conflicts in a supportive manner.

7.Question

Why should we embrace the change of teams and friendships?

Answer: Embracing change allows us to grow and learn from different experiences. It enriches our lives with diverse perspectives and can lead us to new opportunities, forming a well-rounded identity and a robust support network.

8.Question

How can your voice make a difference in a team?

Answer: Your voice can influence decisions, inspire others, and drive progress within a team. Sharing thoughts and feelings contributes to a collective effort and empowers

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everyone to work together towards meaningful goals.

9.Question

How does supporting one another reflect true teamwork?

Answer: Supporting one another demonstrates that the team values each individual's journey. It builds trust and solidarity, showing that the team's success is rooted not only in achieving collective goals but also in fostering personal growth and well-being.

10.Question

What lessons can others learn from observing Usain Bolt's gratitude towards his team?

Answer: Usain Bolt's gratitude underscores that success is rarely a solo achievement; it is the culmination of collective effort. Recognizing and appreciating the contributions of others strengthens bonds and motivates teams to strive for excellence together.

Chapter 8 | 8. BE A TEAM PLAYER| Q&A

1.Question

What is the significance of teamwork according to Marcus Rashford in this chapter?

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Answer: Teamwork is portrayed as a powerful catalyst for achieving the impossible. Rashford emphasizes that working together with like-minded individuals elevates everyone involved, fostering a sense of community, support, and shared success. He illustrates this by highlighting personal experiences in football where collaboration led to better outcomes than individual efforts.

2. Question

How does Rashford suggest we approach vulnerability and honesty in relationships?

Answer: Rashford encourages embracing vulnerability as a strength, arguing that sharing our true selves with others enhances trust and teamwork. He acknowledges that opening up can be challenging, especially in environments where being kind is misinterpreted as weakness. However, he believes that honest communication about feelings and experiences is crucial for building strong, supportive relationships.

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3.Question

What role does communication play in being a good teammate?

Answer:Communication is fundamental to teamwork.

Rashford discusses how effective communication helps in resolving conflicts, understanding others, and creating a positive environment. He stresses the need for patience and thoughtfulness in expressing feelings, suggesting that approaching discussions from a place of love can prevent misunderstandings and promote harmony.

4.Question

Why is it important to check in on others and how can it affect relationships?

Answer:Checking in on others, such as asking 'How are you doing?' can significantly strengthen relationships. Rashford describes this simple act as illuminating feelings of loneliness and reminding friends that they are supported. He links this to the idea of solidarity, suggesting that caring for one another fosters a collective effort to uplift everyone

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involved.

5.Question

How can you apply the lessons from this chapter in your own life?

Answer: You can apply Rashford's lessons by actively participating in your community, embracing vulnerabilities, communicating openly with friends and family, and practicing kindness. Engage with others about shared interests, offer support, and celebrate each other's successes. Create initiatives like collective projects or awareness campaigns about causes you care about, just as Rashford did with his food program.

6.Question

What is the connection between kindness and achieving greater goals according to Rashford?

Answer: Rashford asserts that kindness is pivotal in achieving greater goals collectively. He believes that being good to one another lays the foundation for effective collaboration, making it easier to tackle bigger challenges. Acts of kindness

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generate a positive feedback loop, encouraging more people to participate and contribute to shared objectives.

7.Question

What advice does Rashford give for handling disagreements within a team?

Answer: Rashford advises addressing disagreements with love and respect, emphasizing the importance of calm and constructive communication. By taking time to understand emotions and responding thoughtfully, he believes teams can navigate conflicts more successfully and maintain a healthy collaborative environment.

8.Question

How can you initiate and maintain solidarity in a team setting?

Answer: To foster solidarity, start by making everyone feel included and valued. Encourage open dialogue about individual strengths and challenges, and establish a culture where everyone supports one another. Celebrating each other's achievements and reaching out regularly can also help

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build a strong sense of community, as Rashford has illustrated through his personal experiences.

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Chapter 1 | 1. BE KIND TO YOURSELF| Quiz and Test

1. Marcus Rashford faced criticism and racist comments after missing a crucial penalty in the UEFA European Championships final.
2. Rashford believes that perfectionism is a beneficial trait that everyone should strive for.
3. Taking care of oneself is deemed unimportant by Rashford when it comes to helping others.

Chapter 2 | 2. BE KIND TO OTHERS| Quiz and Test

1. Greg, the shopkeeper, charged for sweets to help Marcus's family financially.
2. Marcus believes that small acts of kindness do not contribute to a caring community.
3. Seeking assistance from others is a weakness according to Marcus.

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Chapter 3 | 3. NO SUCH THING AS ‘NORMAL’| Quiz and Test

1. The author admired his friend Jahedi for his lack of competitiveness in cricket.
2. The author's experiences in multicultural Manchester helped him appreciate commonalities between different cultures.
3. Respecting traditions is not important in friendships according to the author.

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The screenshot shows the main interface of the Bookey app. At the top, there's a navigation bar with a back arrow, a download icon, and a more options icon. Below it is the book cover for "ATOMIC HABITS" by James Clear. The cover features a green background with a white rock and a green pencil. The title and author's name are at the top, and a short description follows. At the bottom of the cover, there's a yellow button with three icons: a speaker (Listen), a person (Read), and a document (Read). Below the book cover, there's a section titled "Description" with a paragraph of text about habits and a "Continue" button.

The screenshot shows a quiz screen. At the top, it says "10:16" and "1 of 5". The question is: "Habit building requires four steps: cue, craving, response, and reward are the pillars of every habit." Below the question are two buttons: a red "False" button and a green "True" button. The background is yellow.

The screenshot shows the result of the quiz. It says "5 of 5" at the top. The question and its answer are the same as the previous screen. To the right, there's a red stamp-like graphic with the word "False" in it. Below the stamp, it says "Correct Answer". At the bottom, there's a "Continue" button.

The Two-Minute Rule is a quick way to end procrastination, but it only works for two minutes and does little to build long-term habits.

False

Correct Answer

Once you've learned to care for the seed of every habit, the first two minutes are just the initiation of formal matters. Over time, you'll forget the two-minute time limit and get better at building the habit.

Continue

Chapter 4 | 4. CELEBRATE AND CHAMPION DIFFERENCE| Quiz and Test

1. Marcus Rashford shares a love for the Ninja Turtles in Chapter 4 of his book.
2. Rashford believes that differences among individuals should be hidden to avoid judgment.
3. The chapter suggests that being an ally involves simple acts of kindness and support.

Chapter 5 | 5. HOW TO MAKE A CHANGE| Quiz and Test

1. Marcus Rashford's charitable work began as a response to a student's request to judge a poetry competition.
2. Rashford realized the importance of free school meals for children in need only after the lockdown ended.
3. Rashford's letter to parliament successfully led to the extension of the free school meal program.

Chapter 6 | 6. BOUNCING BACK| Quiz and Test

1. Marcus Rashford believes that mistakes do not define a person, but rather how one reacts to them

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is crucial.

2.Rashford thinks that mistakes only have negative consequences and should be avoided at all costs.

3.Rashford emphasizes the importance of self-blame for personal growth after making mistakes.

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The screenshot shows the main interface of the Bookey app. At the top, there's a navigation bar with a back arrow, a download icon, and a three-dot menu. Below it is the book cover for "ATOMIC HABITS" by James Clear. The cover features a green background with a white atom-like symbol and the subtitle "Four steps to build good habits and break bad ones". Below the cover, the title "Atomic Habits" is displayed in bold, followed by a brief description: "Four steps to build good habits and break bad ones", the author's name "James Clear", and the duration "36 min". There are also icons for "3 key insights" and "Finished". At the bottom, there's a yellow button with the text "Listen" and another button with "Read".

Description

Why do so many of us fail to lose weight? Why can't we go to bed early and wake up early? Is it because of a lack of determination? Not at all. The thing is, we are doing it the wrong way. More specifically, it's because we haven't built an effective behavioral pattern. James Clear finds that it takes four steps to...

6 Listen 3 Read

The screenshot shows a quiz screen. At the top, it says "10:16" and "1 of 5". Below that is a large white rectangular area containing the text: "Habit building requires four steps: cue, craving, response, and reward are the pillars of every habit." At the bottom of this area are two buttons: a red one labeled "False" and a green one labeled "True".

The screenshot shows the result of a quiz. At the top, it says "10:16" and "5 of 5". Below that is a large white rectangular area containing the text: "The Two-Minute Rule is a quick way to end procrastination, but it only works for two minutes and does little to build long-term habits." To the right of this text is a red stamp-like graphic with the word "False" in it. At the bottom of this area is a small text "Correct Answer". Below that is another text block: "Once you've learned to care for the seed of every habit, the first two minutes are just the initiation of formal matters. Over time, you'll forget the two-minute time limit and get better at building the habit." At the very bottom is a black button labeled "Continue".

Chapter 7 | 7. ALL ABOUT THE SQUAD| Quiz and Test

1. Teamwork is depicted as crucial for personal development in football according to Marcus Rashford.
2. In Chapter 7, it is suggested that achievements can always be accomplished alone without teamwork.
3. Rashford encourages readers to find teammates who do not share common values.

Chapter 8 | 8. BE A TEAM PLAYER| Quiz and Test

1. Teamwork allows individuals to transform the impossible into possible, according to Marcus Rashford.
2. Marcus Rashford believes that being kind in communication is not necessary for maintaining a healthy team environment.
3. Celebrating the successes of teammates is less important than focusing on individual achievements, according to Rashford.

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This screenshot shows a quiz question. At the top, it says "10:16" and "1 of 5". The question text reads: "Habit building requires four steps: cue, craving, response, and reward are the pillars of every habit." Below the question are two buttons: a red "False" button and a green "True" button.

This screenshot shows the result of the quiz. At the top, it says "10:16" and "5 of 5". The question text is the same as the previous screenshot. To the right of the question, there is a red stamp-like graphic with the word "False" in it. Below the question, the text "Correct Answer" is displayed. At the bottom, there is a black button labeled "Continue".

The Two-Minute Rule is a quick way to end procrastination, but it only works for two minutes and does little to build long-term habits.

False

Correct Answer

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Continue