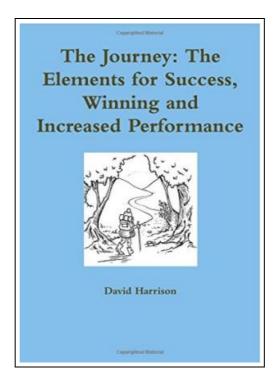
## The Journey: the Elements for Success, Winning and Increased Performance



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## Reviews

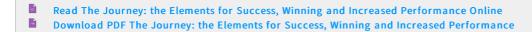
Thorough manual for pdf lovers. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Kaycee McGlynn)

## THE JOURNEY: THE ELEMENTS FOR SUCCESS, WINNING AND INCREASED PERFORMANCE



Lulu.com, United Kingdom, 2016. Paperback. Book Condition: New. 210 x 148 mm. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Everything we do in life is a Journey. You need to keep moving forward no matter how fast. The Journey highlights the importance and impact of Belief, Awareness and Balance. These form the Building Blocks of your Journey and work with the Principles of Hard Work, Extending Your Comfort Zone and Controlling the Controllables to propel you forward on your journey towards success, winning and increased performance. The Journey brings together theory and unique experiences from elite sport, business, education and the military to give you an insight into how these elements can be used to you increase your chances of success, winning and improvement in everything you do. This is not another self-help book or textbook but a guide that will help you on your Journey.



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