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## The School of Greatness

By Lewis Howes

Rodale Press Inc. Paperback. Book Condition: new. BRAND NEW, The School of Greatness, Lewis Howes, When a career-ending football injury left Lewis Howes out of work and living on his sister's couch, he decided he needed to make a change for the better. He began reaching out to people whom he admired, searching for mentors, and applying his past coaches' tips to his life off the field. He did more than bounce back: He built a multi-million dollar online business, and he is now an in-demand business coach, podcast and webinar host, and speaker. In The School of Greatness, Howes shares with readers the tips and habits he gathered in interviewing "the greats" on his wildly popular podcast of the same name—the same tips that helped pull him out of depression. The lessons and practical exercises in this book prove that anyone is capable of achieving greatness; Howes argues that the masters of greatness are successful not because they have managed to avoid or neutralize a traumatic life experience, but because they applied specific habits and tools to overcome adversity in their lives. Howes anchors each chapter on a lesson that he learned while working tirelessly to build a better...



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