

In his survey of over 50 world-class performers, David Hemery examines the common factors which separate the highest performers from the rest of the competition. He asks over 80 questions covering subjects such as childhood, upbringing, parental guidance, coaching, personal relationships, destiny, stress and the influences of the mind. Over the course of the study covering the performers physical, social, mental and moral development, various patterns emerged and these are illustrated with direct quotes taken from interviews given by the performers. In this updated edition, the author talks to more recent champions - Nick Faldo, Stephen Hendry, Paul Gascoigne, Sean Kerly, Peter Scudamore and Stefan Edberg - and finds that their dedication to being number one has much in common with those seeking to fulfil their potential in all walks of life. In an additional chapter Hemery compares coaching, managing and leading teams in sport and business with the benefit of advice from Sir John Harvey-Jones and Sir Michael Edwards. David Emery won the gold medal in 400m hurdles at the Mexico Olympics. He also has two Commonwealth golds and an Olympic silver and bronze to his credit, as well as being three time-winner of British Superstars. He runs courses for the National Coaching Foundation and lectures in sports psychology.

Worlds Away: The Interstellar Age Book 3 (Volume 3), A Winter At Broken Spur (The Montana Brides, #4) (Volume 4), Marrying The Enemy 2 (A Russian Mafia Romance Series), Christian Sabbath: Its History, Authority, Duties, Benefits And Civil Relations, A Series Of Discourses (1862), Near Death (Power of the blood world), Mai Taid Up (The Cocktail Series), Property, Concise Edition (Aspen Casebook Series), Rupert of Hentzau, Surprised by Forever: The Wolves of Belle Fourche 2,

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