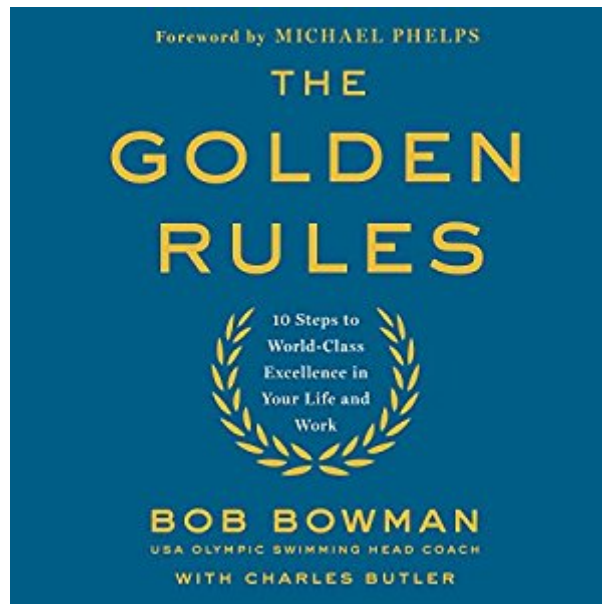


The book was found

# The Golden Rules: 10 Steps To World-Class Excellence In Your Life And Work



## Synopsis

Bob Bowman, best known as the coach for the record-breaking run of Michael Phelps, is one of the most successful coaches in Olympic history. He is lauded for his intense personality, his incredible dedication to his athletes, and his ability to nurture talent in athletes who have the heart and drive to win. This is his motivational book about winning in all walks of life and what you have to do to get there. He presents 10 key concepts that all people should live by. Illuminating his lessons with spirited anecdotes, Bowman will teach you how to get gold out of every day by setting goals and getting motivated to achieve them. He will explain that taking risks is the key to success in any pursuit and coach you on how you can make yourself risk-averse. By following The Golden Rules, you will learn to visualize in order to achieve your goals and that, above all else, dedication to your training, your job, or whatever area it is you are seeking to triumph in is paramount for success.

## Book Information

Audible Audio Edition

Listening Length: 7 hours and 3 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

Audible.com Release Date: May 24, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01FMPW3HA

Best Sellers Rank: #84 in Books > Sports & Outdoors > Water Sports > Swimming #370

in Books > Audible Audiobooks > Nonfiction > Sports & Recreation #847 in Books > Sports & Outdoors > Coaching

## Customer Reviews

Bowman does a good job of applying many concepts of positive psychology to sports and coaching. He covers MANY of the basic concepts and is clear in breaking these down into understandable and useful parts. Much better than many similar books that cover the same positive psychology concepts for sports. Lots of anecdotes, as well, which can be helpful in getting a real feel for the concept. Typical of sports, there is more of a "oerah, rah, be tough" attitude to the book than most positive psychology books have. I subtracted 1 star for two reasons. First, the book really is geared toward the use of positive psychology in sports and coaching, not so much for the "life and

work • mentioned in the title. There are better, more thorough books which cover these concepts in greater depth if you are looking for guidance beyond sports. Related to that, the book is full of references to Michael Phelps and to how amazing and successful Bowman is. Again, for the sport oriented person, that's not so much a downside. But for those looking at their life and work • it may get tiresome. Overall, a clear and helpful book on the use of positive psychology in sport, but for life and work • I suggest you look elsewhere. Some suggestions: Positivity: Groundbreaking Research Reveals How to Embrace the Hidden Strength of Positive Emotions, Overcome Negativity, and Thrive, by Barbara L.

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