

Chasing Excellence A Story About Building The Worlds Fittest Athletes

Kirk Mango

Chasing Excellence Ben Bergeron, 2017 Ben's ability to develop mental toughness and the approach he shares in Chasing Excellence is a game changer for athletes in any sport. --Javier Vazquez, Major League Baseball All-Star This book will do for you what Ben has done for me--take you to the next level and show you how to be the best. His insights on the mental game are second to none. You will feel prepared for anything. --Bethany Hart-Gerry, US Olympic Bobsled Team CrossFit trainer Ben Bergeron has helped build the world's fittest athletes, but he's not like other coaches. He believes that greatness is not for the elite few; that winning is a result, not a goal; and that character, not talent, is what makes a true champion. His powerful philosophy can help anyone excel at all aspects of life. Using the dramatic competition between the top contenders at the 2016 Reebok CrossFit Games(R) as a background, Ben explores the step-by-step process of achieving excellence and the unique set of positive character traits necessary for leveling up to world-class. The mindset and methodology that have produced some of the greatest athletes in the world's most gruelling sport can work equally well for golfers, lawyers, artists, entrepreneurs--anyone who's willing to commit totally to becoming better than the best. By Chasing Excellence, you'll discover how extraordinary it's possible for you to be.

First Rich Froning, 2013 Strength. Endurance. Skill. Discipline. Those are the qualities that made Rich Froning a two-time CrossFit Games champion and earned him the title of The Fittest Man on Earth. In First, readers come alongside Rich as he competes in back-to-back-to-back CrossFit Games and get an inside look into the CrossFit phenomenon that is sweeping the world as well as a personal glimpse into the life of the down-to-earth champion. Rich shares invaluable lessons, priorities, and insights that have transformed his life and career and ultimately underscore what CrossFit is all about. Most important, Rich shares the secret to his own success both in and out of the gym: when God comes first, everything else falls into place. --from back cover.

Becoming a True Champion Kirk Mango, 2012-05-16 Today, aspiring athletes have to work harder and be more dedicated than athletes of previous generations who did not have to contend with the messages of a popular culture that promotes winning at all costs and implicitly condones shortcuts to winning. Many of today's athletic superstars glorify and demonstrate

cheating and illicit, destructive conduct. Whether off the field antics or on the field cheating through the use of illegal performance-enhancing drugs typify an athlete's lack of personal values, the bad behavior displayed by many in a broad range of sports is hard to escape. The result is that too many such negative role models and influences are out there, diverting today's developing competitors down a seductive path to failure rather than upward to excellence and lasting, honest achievement. *Becoming a True Champion: Achieving Athletic Excellence from the Inside Out* fills a critical need by speaking in a frank and direct voice directly to today's aspiring athletes about these crucial, controversial issues and the personal choices they face. At the same time the book presents them with the antidote to these negative influences-the fundamental values, attitudes and concepts, both mental and practical, that support and lead to athletic excellence. A true champion is an athlete with the specific qualities of character, mental discipline, and physical skills necessary to generate and keep increasing athletic excellence and success throughout his or her career. These qualities can be learned and developed; they need not be inborn. *Becoming a True Champion* goes deeply into each quality to show developing athletes how adopting it directly affects and enhances athletic performance, longevity, and dignity. Through relevant examples, inspiring stories, and a personalized approach, the book shows athletes how to avoid the many pitfalls, and overcome the inevitable obstacles, so common in today's sports culture. For more information, check out the author's website [here](http://www.kirkmango.com).

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inevitable obstacles, so common in today's sports culture. For more information, check out the author's website here.

The Pursuit of Sporting Excellence David Hemery,1986

Inspiring Stories of Sportsmanship Brad Herzog,2015-04-17 Teach kids about positive character through real - life examples. Sportsmanship goes beyond a single game. It shines through in all these stories, including the actions of college softball player Mallory Holtman, who helped an injured opponent, and of German track star Luz Long, who befriended Jesse Owens - in front of Hitler - at the 1936 Berlin Olympics.

The Handbook on Athletic Perfection Wes Neal,1975

In Pursuit of Excellence-5th Edition ,2015

Sporting Excellence David Hemery,1991-01-01

Excellence Fellowship of Christian Athletes,2009-03-02 We live in an instant world and yet we sometimes wonder why the quality of life isn't always what we expected. Perhaps that's because, at the end of the day, shortcuts and paths that offer little to no resistance don't usually produce excellence, but instead a watered down version. What is excellence? It is more than just wins and losses. It consists of a long, never-ending process, and it brings glory to God, explain the top contributors to this book. The Excellence devotional provides inspiration to go beyond just getting by and instead to honor our commitments, pursue innovation and creativity, value quality over quantity, and be wise stewards of the spiritual, material, and relational resources entrusted to us. Learn how discipline and hard work lead to excellence, how to beat the odds in pursuit of excellence, and how to raise the standard.

Awesome Athletes Jameson Anderson,2014-08-15 *Awesome Athletes* introduces readers to the greatest stars in sports. Each book in this series tells the inspiring story of one athlete's journey from childhood dreams to trophy-raising success. Scores and stats, career highlights, and record-breaking accomplishments are just part of the story. Readers will also learn about the difference each athlete makes beyond the playing fields. Jam-packed with career highlights, high-impact photographs, and more, this series is a can't miss for young sports fans. Aligned to Common Core Standards and correlated to state standards. Checkerboard Library is an imprint of Abdo Publishing, a division of ABDO.

Handbook of Athletic Perfection Wes Neal,1981-01-01

The Power of Sportsmanship Featuring the Story of Jim Thorpe Della Mae Rasmussen,Phyllis Colonna,1981-01-01

Focuses on the personal quality of sportsmanship in presenting the athletic life of one of the greatest athletes of all time.

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