



# Be a Winner: Achieve Your Goals with Scotland's Sporting Heroes

*Kenny Kemp, Richard Orr*

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## **Be a Winner: Achieve Your Goals with Scotland's Sporting Heroes** Kenny Kemp, Richard Orr

Scotland needs more winners - all kinds of winners - in sport and in life. And with the Olympics heading to London and the Commonwealth Games coming to Glasgow, we now have the major catalysts to inspire us to be winners. But as a nation we need to overcome our natural reserve and tendency to underperform when it really matters. We need to find new levels of self-belief and optimism. We need more winning role models: more Chris Hoy, Alex Fergusons, Andy Murrays and Liz McColgan.

Packed with significant insights from Scotland's leading sportsmen and women, past and present, *Be a Winner* takes the reader on a personal journey to help them become a genuine success. It encourages them to set their own sporting goals and identify their own personal bests, and, most importantly, gives guidance about how to reach them, through the example of great Scottish winners. It also highlights the steps that an individual can take to develop a winning mentality.

From motivation to dedication, competitiveness to teamwork, this book covers all the bases. *Be a Winner* tells it straight when it comes to sport and how to succeed in it, through the advice of the Scottish men and women who have reached the very pinnacle of their various fields. This book will enable a proud Scot to become a 'super Scot'.



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Playing with family in a very park, coming to see the sea world or hanging out with close friends is thing that usually you might have done when you have spare time, in that case why you don't try thing that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Be a Winner: Achieve Your Goals with Scotland's Sporting Heroes, you could enjoy both. It is good combination right, you still desire to miss it? What kind of hang-out type is it? Oh can happen its mind hangout guys. What? Still don't get it, oh come on its named reading friends.

#### **Ann Fortune:**

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#### **Emma Peterson:**

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