



Podium: What Shapes a Sporting Champion?

Ben Oakley

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What does it really take to make the podium? Which of the biological, environmental and psychological factors really shape a champion's route to the top?

To answer these questions, Ben Oakley has taken the original step of combining existing research with a study of leading athletes' autobiographies. Looking at the early histories and initial challenges of serial champions in their own words, *Podium* sheds new light on their commonalities.

A similar focus in training, similar influences around them and, above all, similar mental attributes are revealed – and tales of individual brilliance are given a fresh twist. From Ian Thorpe, Usain Bolt and Chrissie Wellington to Victoria Pendleton, Lionel Messi and Roger Federer, all we see is a smooth progression to glory, but each is a rocky path punctuated by critical episodes, and it is the response to these events that can transform talented people into winners.

Podium is fascinating reading for anyone interested in the big names at the peak of their respective sports, and essential for coaches or parents of the next budding star. This enthralling read will enrich your interpretation of champions' lives and provide a map of the complex paths through sport to the podium.

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Terry Hayes:

Exactly why? Because this Podium: What Shapes a Sporting Champion? is an unordinary book that the inside of the publication waiting for you to snap that but latter it will distress you with the secret the idea inside. Reading this book alongside it was fantastic author who write the book in such remarkable way makes the content on the inside easier to understand, entertaining method but still convey the meaning totally. So , it is good for you for not hesitating having this ever again or you going to regret it. This unique book will give you a lot of advantages than the other book have got such as help improving your ability and your critical thinking way. So , still want to postpone having that book? If I were being you I will go to the guide store hurriedly.

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