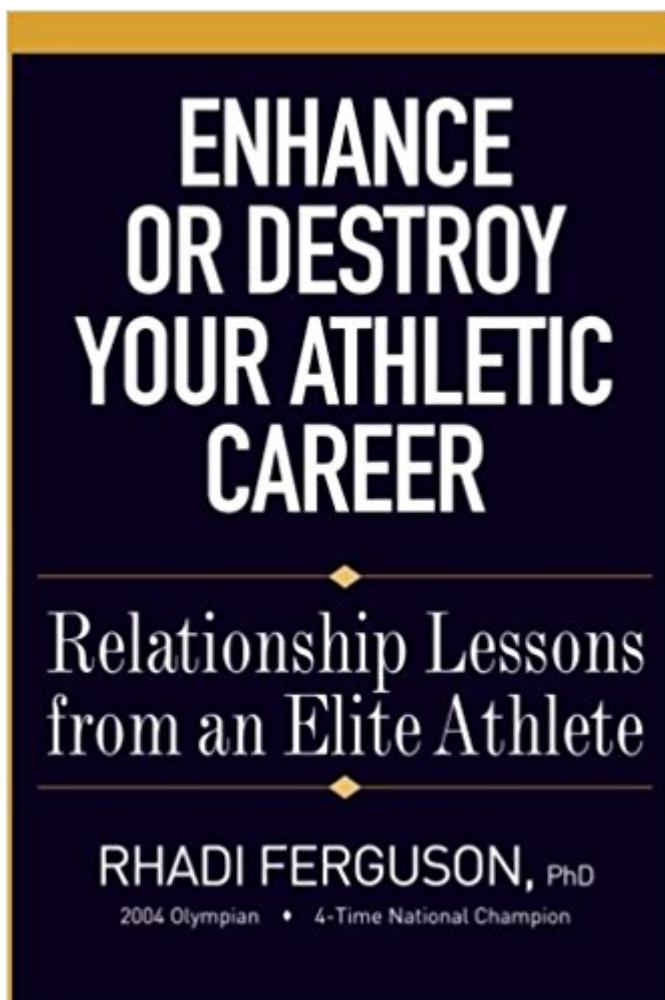


The book was found

Enhance Or Destroy Your Athletic Career: Relationship Lessons From An Elite Athlete



Synopsis

What every person who is an Elite Athlete or associated with an Elite Athlete SHOULD know! If You Are An Athlete Or A Relationship With An Athlete, YOU MUST READ THIS BOOK! Are you an athlete with a hunger for fame, success and glory? Do you KNOW that your relationships can stand in the way of your dreams? Are you in a relationship with an athlete and need to make sure you donâ™t misstep or make a mistake? For the first time ever, you have access to an exclusive relationship guide created especially for elite athletes, by a coach that has worked with the archetypal â™athleteâ™ personality and has helped them attain accolades such as Olympian, Ironman, World Champion, and National Champion. This is not your typical relationship guide. This guide is for elite athletes and their close friends and families and should be read by every athlete and anyone expecting to engage or who is engaged in some kind of relationship with a highly-driven athlete. Inside these pages, you will DISCOVER: â¢ What it REALLY means to be emotionally involved with an athlete â¢ How to APPROPRIATELY manage your personal relationships to enhance your career â¢ Why it is GOOD to be selfish â¢ How friends and athletes should interact, but most of the times donâ™t â¢ How families should behave â¢ What it means to date or marry an elite athlete â¢ The IMPERATIVES of why your career must always come first! In this ground-breaking book, you will finally be able to understand the relationship dynamics that affects an athleteâ™s life. If you are an athlete, it will reduce your guilt and refocus your priorities. If you are a family member, love interest or friend it will let you know what role you can expect to play in a â™career comes firstâ™ relationship. With â™Enhance or Destroy Your Athletic Careerâ™ you will learn how to manage your relationships to enhance your athletic career! It is time to stop allowing relationships to hurt your chances to becoming a champion!

Book Information

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Customer Reviews

Dr. Rhadi Ferguson is a 2004 Olympian, a four-time National Judo Champion, a former collegiate three-sport NCAA Division 1 athlete, and a world class coach and advisor for many professional and elite athletes. He attended Howard University on a football scholarship and also ran track and wrestled. He also lived at the Olympic Training Center in Colorado Springs, Colorado, for four years and was an Olympic Alternate in 2000. Currently, Dr. Rhadi Ferguson teaches, coaches, and instructs and is an internationally recognized High Performance Enhancement Specialist whose process is centered in education, business, and sport. Dr. Ferguson utilizes his proven background as an Olympian and lecturing motivator to correct systems, modify curriculum initiatives, and construct strategic framework toward improving performance and elevating desired outcomes.

For those of you who deal with Elite or Pro Athletes (or aspiring Elite athletes), this is a must read for you! I know I don't have the experience that Dr. Ferguson has or many other athletes, BUT as a coach I have seen and can see how certain relationships and attitudes can be detrimental to an athlete, especially the Elite or Pro Athlete. Most people don't realize or appreciate what discipline and sacrifices Elite Athletes have to endure. Dr. Ferguson opens your eyes and has written some good stuff in this book that puts you in the mind set of Elite Athletes. Dr. Ferguson is straight up in his book and tells it how it "Really" is!! Parents, wives, husbands, girlfriends, boyfriends and coaches "read up", see if you are helping your athlete or holding them back from getting to the NEXT Level???

This book is awesome! If you're an athlete it further cements the position that your sport (first love) comes first. For a person in a relationship with an athlete, you can finally understand what's really going on with them. How to love and support them without feeling ignored or in second place. I wonder if the title/subtitle of this book should have been "What it takes to succeed in life at a high level": How to develop the mindset and heart of a Champion"! Having read this, I can say unequivocally that this is the greatest book about success and achievement that I've ever read! Great Job Dr. Ferguson! If you want to learn the mindset and dedication that it takes to win in life, READ THIS BOOK!

So true- all the things As a coach we tell our professional athletes.... But better coming from

someone else, gives that validity sometimes we need!

good!

This book should have been written years ago as I am sure it may have provided some useful understanding to many people who have had a personal relationship/friendship with an elite athlete that may or may not have been a success. There is not much academic literature out there on the subject apart from a 2009 study in the Journal of Clinical Sport Psychology which Ferguson also cites. If you are an athlete, about to embark on or are in a personal relationship with an athlete, this book will provide a valuable and honest insight that there is no notion of 'normal' for an athlete. Each chapter guides you through the different aspects of an athlete's life where you will learn that athletes are unique individuals who are fiercely dedicated, extremely disciplined and undertake a level of sacrifice that is beyond the norm. You will come to understand the constant battle they can face between their sport and love for family and friends, the demands of their training and the potential threat of 'post-career regret'. Ferguson is spot on when he says that anyone who wants to form a relationship outside of an athlete's drive must expect a one-sided affair. Athletes need to be selfish. It is not easy for the loved one, their motivation to succeed is far bigger and beyond your relationship alone but hopefully with some valuable advice you can come to peaceful understanding where a healthy relationship can thrive.

Highly recommend this book for those trying to become successful. Entrepreneurs as well as famous and athletes. It's very realistic to what happens in the process. One of the best books I've read.

Just purchased this book for a family member. A must read for anyone making hard decisions about how they will deal with life and the amazing task of managing their talent and dreams.

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