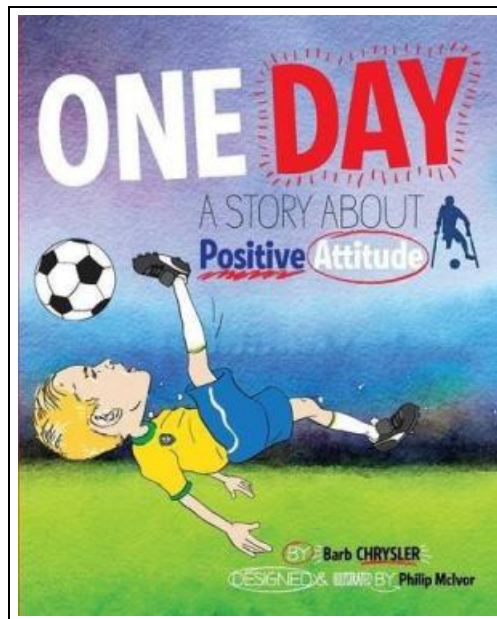


One Day: A Story about Positive Attitude



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Reviews

The ideal publication i at any time go through. It is actually rally fascinating throgh reading through time. I am pleased to inform you that this is actually the greatest book i have got read through during my individual existence and might be he best book for at any time.

(Alexandre Cruickshank)

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Nanshe Publishing, United States, 2015. Paperback. Book Condition: New. Philip Mcivor (illustrator). 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.One Day: A Story About Positive Attitude highlights that life s obstacles are made to be transcended. This book is a story about how young people dream of being like their favourite soccer players and one day through pursuing their dreams they become a role model for other people. Each successful player we know had to overcome different types of challenges, and so can our children who dream big. One Day reminds kids that falling is temporary and provides them with knowledge of the attitude they need to rise again and continue the pursuit of their goals. The winning mindsets of their favourite role models are outlined including believing in your dream, having confidence in your ability, working hard, having faith, and staying positive. Talent alone will not make you achieve your goals, but hard work, dedication, and positive attitude will. This book is an attempt to address a gap in sports psychology literature by providing the concepts in a book youth will understand. Often in training programs mental attitude is overlooked; however, it is a critical component of winning the game and achieving dreams. After reading the stories of triumph from favourite players, it will be hard to find any excuse not to achieve your goals. Players have overcome poverty, adversity, making mistakes in a public way, family troubles, and disabilities to achieve their goals. One Day: A Story About Positive Attitude can be used as affirmations to be read with youth to help them believe in themselves repeating the messages until they believe them. While this book focuses on stories of soccer players the principles are relevant to achieving any goal.

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