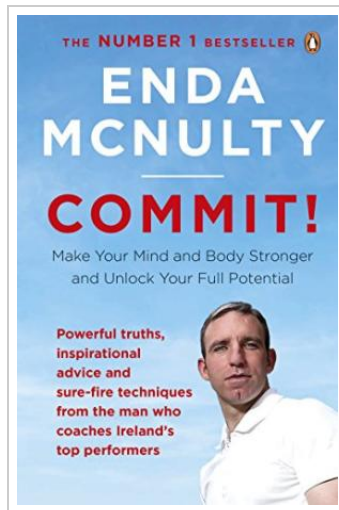




## Commit!: Make Your Mind and Body Stronger and Unlock Your Full Potential (Paperback)

By Enda McNulty

Penguin Books Ltd, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. An onslaught of positivity from start to finish . . . Plenty [of people] will find something in it to help them along Irish TimesAs an All-Ireland winning footballer and a successful motivational coach and businessman, Enda McNulty has an intimate knowledge of what it takes to achieve real success.Enda has worked with international high achievers such as rugby legend Brian O Driscoll, the Leinster and Irish rugby teams, Olympian David Gillick, Riverdance principal dancer, Padraic Moyles, and top management teams in companies like Digicel, Diageo, Intel, Microsoft and Facebook. He knows how to help people reach their potential.Enda believes that our greatest fulfilment comes from finding, and working to achieve, our life s true purpose. In Commit! he explains how to go about doing this.Drawing on his personal and professional experience, Enda demonstrates how to harness your strengths so you can live a more purposeful life.He explains how to develop a mindset that will help you to recognise and embrace opportunity.He explores resilience and mental toughness and how to develop both.And he provides practical guidance on managing physical wellness through the right mix of...



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