



Personal Best: 10 lessons to help you achieve your true potential

Marc Woods

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"I love to read and listen to inspirational stories, but sometimes it is difficult to apply any of their content to your own life. In writing *Personal Best* I wanted to share my life experiences, to relate how I dealt with, and overcame, the different challenges that I faced and then went on to achieve success. But, more importantly, I wanted to do it in a way that might be useful to others.

In beating cancer as a teenager, I may have lost a leg, but I gained a new respect for life and a second chance. My experience taught me to approach life in a different way. It taught me to measure myself against my potential and not against others. It taught me about personal responsibility. It taught me that life is about being the best person you can be.

If you are lucky, life teaches you what you don't learn at school. I've been very lucky. I've learnt some tough, but invaluable lessons about life on my journey. I'd like to share those lessons with you."

"*Personal Best* is a truly inspirational book, written with great honesty, compassion and humility. Marc's ability to overcome adversity and triumph in so many diverse areas is an example to us all. His immense sporting achievements and his work on behalf of the Teenage Cancer Trust is unequalled and his indomitable spirit shines through."

—**Sarah**, the Duchess of York

"Marc has a remarkable story and is an absolute inspiration."

—**Roger Daltrey**

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From reader reviews:

Graciela Tubbs:

Playing with family in a very park, coming to see the ocean world or hanging out with friends is thing that usually you could have done when you have spare time, then why you don't try issue that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Personal Best: 10 lessons to help you achieve your true potential, you are able to enjoy both. It is great combination right, you still wish to miss it? What kind of hang-out type is it? Oh occur its mind hangout fellas. What? Still don't understand it, oh come on its called reading friends.

Yvonne Casey:

The book untitled Personal Best: 10 lessons to help you achieve your true potential contain a lot of information on that. The writer explains your ex idea with easy means. The language is very clear to see all the people, so do certainly not worry, you can easy to read that. The book was compiled by famous author. The author provides you in the new time of literary works. You can easily read this book because you can read more your smart phone, or gadget, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site and also order it. Have a nice study.

Alexander Pridmore:

In this era globalization it is important to someone to obtain information. The information will make professionals understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of recommendations to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher that print many kinds of book. The particular book that recommended for you is Personal Best: 10 lessons to help you achieve your true potential this publication consist a lot of the information on the condition of this world now. That book was represented just how can the world has grown up. The words styles that writer require to explain it is easy to understand. The actual writer made some study when he makes this book. This is why this book ideal all of you.

Harrison Johnson:

Many people spending their moment by playing outside having friends, fun activity using family or just watching TV all day long. You can have new activity to pay your whole day by looking at a book. Ugh, think reading a book can actually hard because you have to use the book everywhere? It all right you can have the e-book, bringing everywhere you want in your Smart phone. Like Personal Best: 10 lessons to help you achieve your true potential which is keeping the e-book version. So , why not try out this book? Let's find.

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