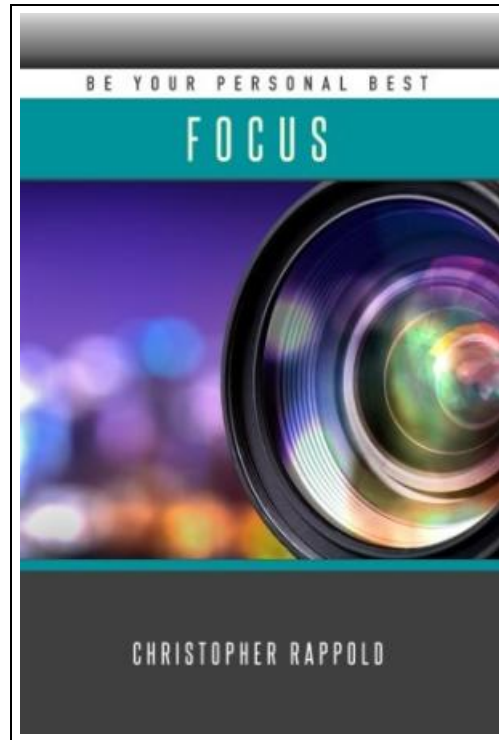


Be Your Personal Best: Focus (Paperback)



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Reviews

This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.
(Miss Vernie Schimmel)

BE YOUR PERSONAL BEST: FOCUS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The realization that you can help your child discover his or her Personal Best is very empowering. As parents, we want to provide the very best we can for our children. When a child is born, everything is perfect. The slate is clean and the anticipation of their potential is unlimited. We have dreams of their future and who they are going to become. We want for them to experience a life better than what we had. Then, our hopes and dreams for our children run into daily life. We realize that, like us, our children have fears, doubts and worries. They have unanticipated insecurities that we never had, and mirror some of the same insecurities we have struggled with our whole life. They come face-to-face with a world through television, movies, social media and peer example that messages them 24/7 the opposite of what we have told them. As a result of mixed messages, what arises is questioning structure and belief in themselves. Images of who and what is in and cool and what is not becomes a tension in the back of their mind. Suddenly, we realize we are in a battle against the thousands of messages of input and their own shortcomings, and it's a battle we can't afford to lose. With all this going against us, how can we insure that our children live the life we truly believe they are capable of? I understand how important one's ability to focus can be. I have had times as a professional athlete when I had mental focus so strong that I was able to block out physical pain. At the other end of...



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