



Be Your Own Hero

Noel McBride

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Some people seem to have a magical ingredient that allows them to stand out from the rest. They make good decisions ... consistently get good results ... and even if they stumble, they come up smiling. Be Your Own Hero reveals their secrets to success and how to use them effectively. Elite coach, Noel McBride, equips you with the essentials of sport training so that you can go for gold in life. You will gain: Enhanced self-esteem Step-by-step guidance for setting goals A winning attitude that triumphs in any situation Pathways to progress from strength to strength, no matter where you are Pursue your passion. Unleash your power. Be your own hero.

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