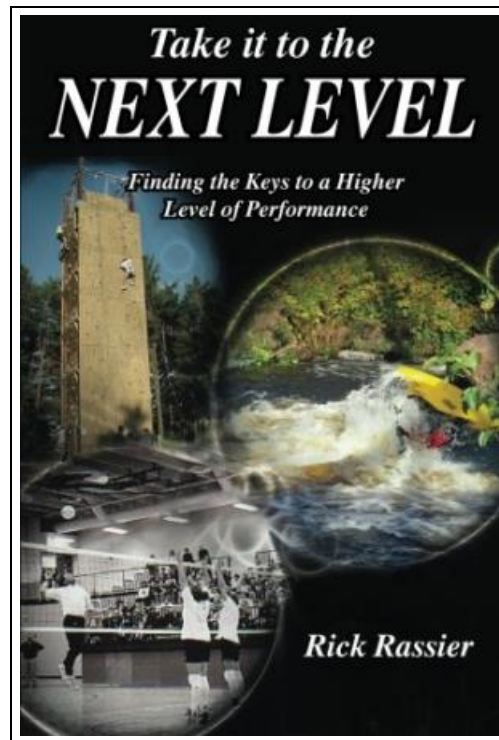


## Take It to the Next Level: Finding the Keys to a Higher Level of Performance



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Those who reach their potential in any sport come to practice on a mission. They know exactly what they re striving for in terms of performance and are totally engaged in the process of getting there. Dreams and good intentions alone don t get you very far. Athletes agree with Rick that the vast majority of them are going through the motions in practice waiting for time to pass. They want the results, but don t do what it takes to achieve them. \* What are the keys to sustaining the motivation necessary to take our performance to the next level? \* What happens if we learn to celebrate progress, not just if we win? \* What happens to your intensity, enthusiasm, focus and determination if things aren t going well? \* What are the obstacles that prevent many from finding out what they are capable of doing? Rick Rassier writes from several perspectives: an athlete, musician, teacher, volleyball coach, challenge course director, teamwork performance coach and motivational speaker. For more than 20 years Rick traveled around the country as a One Man Volleyball Team competing alone against six-person teams. In school assemblies, he used this platform to share a drug-free motivational message. When he turned 50, he took up the extreme sport of freestyle kayaking in order to go through the learning process and challenge himself to keep living the message he brings to others. He never lets up on his mission to improve his performance. Rick works with over 200 teams each year from all sports. Experience the life-changing message through his personal stories, examples from his experience with teams and be challenged to take your...



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