



Gold Rush

Michael Johnson

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'Elite athletes aren't born. They're made.'

Michael Johnson

From a living icon of the Olympic Games – as both an athlete and now as a BBC broadcaster – Gold Rush is a compelling analysis of the fascinating combination of psychological and personal qualities, as well as internal and external factors, that go to create an Olympic champion.

This exciting new book is based on Michael Johnson's own experiences as an iconic four-time Olympic champion, and on the knowledge he has gleaned as a top-class coach and motivational speaker. It also features, uniquely, more than a dozen exclusive and insightful interviews with Olympic legends from across several different sports who between them have claimed more than 50 gold medals over the past 30 years. In essence, Johnson has assembled his very own Olympic Hall of Fame in assessing the DNA of true champions.

Gold Rush is themed around chapters in which Johnson will discuss each of the key qualities/factors. He expertly feeds in fascinating first-person testimonies from the Olympic legends. In the process he builds up a definitive knowledge bank of expertise and experience from athletes who have been on this fascinating journey, encountered the highs and the lows, but ultimately reached the summit - an Olympic gold medal. Johnson's interviewees include: Usain Bolt, Carl Lewis, Sally Gunnell, Seb Coe, Daley Thompson, Cathy Freeman, Ian Thorpe, Michael Phelps, Rebecca Adlington, Chris Hoy, Steve Redgrave, Matthew Pinsent, Lennox Lewis and Michael Jordan.

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A lot of people always spent their particular free time to vacation as well as go to the outside with them family or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity here is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book that you simply read you can spent all day every day to reading a reserve. The book Gold Rush it is extremely good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. In case you did not have enough space bringing this book you can buy often the e-book. You can m0ore quickly to read this book out of your smart phone. The price is not too expensive but this book possesses high quality.

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