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Lire des ebooks Les 10 règles d'or de l'excellence Bob Bowman PDF, ePub, mobi, Bob Bowman, le coach de génie qui a fait de Michael Phelps le plus incroyable nageur de tous les temps, livre ici la méthode d'entraînement qu'il a spécialement créé pour lui : dix règles d'or, dix commandements à respecter au quotidien, transposé du sport de haut niveau à la vie de tous les jours, à la maison ou au travail ! Règle numéro 1 : un champion doit avoir de grands rêves. Règle numéro 5 : se fixer des objectifs à court-terme pour un succès à long-terme. Règle numéro 8 : affronter l'adversité vous rend plus fort Règle numéro 10 : savourez votre accomplissement, puis décidez quel sera votre nouvel objectif. - Une vision nouvelle et ambitieuse du coaching de vie : « l'excellence au quotidien » - Une méthode qui a fait ses preuves dans la compétition la plus difficile au monde.

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