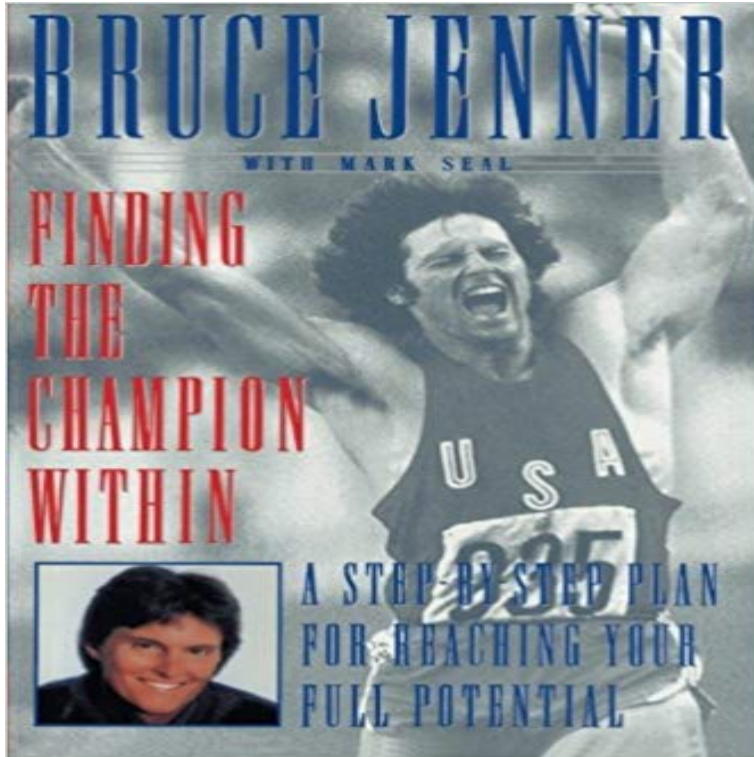


# Finding the Champion Within: A Step-by-Step Plan for Reaching Your Full Potential



From Bruce Jenner Olympic gold medalist, motivational speaker, and star of the hit E! reality show *Keeping Up With The Kardashians* comes a ten-step plan to reboot your life. In this book, Bruce Jenner, one of the world's greatest athletes and a highly sought-after motivational speaker, provides a plan, useful to anyone, for personal growth. Using the decathlon as a metaphor for development, Jenner provides a powerful success strategy one that he has molded over a lifetime. -- The 100-Meter Run: The Race Begins with One Step -- The Long Jump: Goals for Gold -- The Shot Put: Play to Your Strengths -- The High Jump: Constantly Raising the Bar on Your Aspirations and Abilities -- The 400-Meter Run: Conquering Fear of the Unknown -- The Hurdles: How to Win at Life One Leap at a Time -- The Discus: How to Make Your Move -- The Pole Vault: How to Raise the Bar from the Pit of Failure -- The Javelin: How to Keep Focused on Your Mission -- The 1,500-Meter Run: How to Run the Rest of

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