

Win At Life and Positively Sparkle! An Olympians Advice For Success



Have you ever wondered what goes through the mind of an Olympic Athlete on their path to success? How did they manage to successfully manoeuvre through life's obstacle course and achieve greatness? In *Win at Life and Positively Sparkle!*, World Professional Ice Dance Champion and Olympian, Barbara Berezowski offers insight and helpful tips to guide you towards achieving your personal goals. Whether you are a student, an aspiring athlete or an established professional, you can achieve greatness when you learn how to embrace life. This book outlines the importance of learning how to manage issues through your thoughts, attitudes and actions. As a believer in positive psychology, Barbara explains that it is important to acknowledge the fact that life includes the good and the bad, victories and defeats and opportunities and challenges. She gives you insight into how she applied herself and where she found inspiration to follow her dream of becoming a Champion. The key to a happy and well-balanced life is to accept all that life has to offer and understand the importance of looking at the big picture. By putting things into proper perspective and effectively managing the issues with a strategic plan, you will understand there are lessons in all that we experience. One must change their belief system and step outside their comfort zone and embrace life with one very important method. Barbara motivates you to believe in yourself and offers her advice and strategies to overcome the obstacles and stressors in life allowing you to accomplish more. Through Barbara's stories, strategies and helpful hints, you will discover how this world-class athlete achieved her goals and you can apply some of the same action steps to your life. You will learn how powerful visualization can be, to set goals, to meet and succeed your expectations. If you are suffering from frustration,

negativity and self doubt, you will be inspired to look at life with a new vision. With the determination and belief system of a champion, you will be empowered to go out and achieve greatness. Barbara Berezowskis powerful message delivered within, will motivate you to believe that you can have a better life, better health and a renewed energy to find your passion. You will live your life with purpose and achievement.

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