



They Did You Can: How to achieve whatever you want in life with the help of your sporting heroes

Michael Finnigan

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A book for young people about what it takes to achieve something, anything, in any walk of life and how, when you scratch the surface of any high achiever, you find the same sorry collection of anxieties, fears, insecurities and self-doubt that the rest of us experience daily. The difference is that high achievers don't let the negative thoughts win.

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