

A STORY ABOUT BUILDING
THE WORLD'S FITTEST ATHLETES

CHASING EXCELLENCE



BEN
BERGERON

FOREWORD BY KATRÍN DAVIDSDÓTTIR
TWO-TIME WORLD'S FITTEST WOMAN

Ben Bergeron

Chasing Excellence: A Story About Building the World's Fittest Athletes



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CrossFit trainer Ben Bergeron has helped build the world's; that winning can be a result, not really a goal;s nothing like other coaches. He believes that greatness isn't for the elite few;s fittest athletes, but this individual's; and that personality, not talent, is why is a genuine champion.s easy for you to be.Utilizing the dramatic competition between the top contenders at the 2016 Reebok CrossFit Games® as a background, Ben explores the step-by-step procedure for achieving excellence and the unique group of positive character traits necessary for leveling up to world-course. The mindset and methodology that have produced a number of the greatest athletes in the globe's; most gruelling sport can work equally well for golfers, lawyers, performers, entrepreneurs--anyone who's; ready to commit totally to becoming better than the ideal.II learn how extraordinary it's;By Chasing Excellence, you's; His powerful philosophy can help anyone master all aspects of life.



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this is an excellent book that could have been great I got this book as part of the KindleUnlimited program, but was planning on purchasing the hardcopy when it had been released. I'm not thinking about doing that in the end. Buy this if you need to read again of Katrin mostly plus some of Mat trying to win the Video games. It's a book that includes a little insight with a whole lot of behind the picture stories. It's about building champions, but really it's mostly focused on Katrin Davidsdottir. What might have been a book with the same influence and longevity of "How exactly to Win Friends and Impact People" it rather falls short to a one and carried out read reserve. We follow Ben's podcast and am a member of the Comptrain Masters program that Harry Palley & I think this book was the antithesis of the title and was not his best initiatives. I believe he offers a lot of really great insights there and unfortunately most of them never really make it on the web pages of this book.

THE NICE:1. If you value behind the scene tales and insights from those on the competitive floor and you didn't follow the CrossFit Video games or some of CrossFit's "Behind the moments" coverage you then might not know many of these stories. If you have, then you will see no new insights or stories..2. The reserve is written in a consumer friend and nonacademic way, so you can draw some motivation for the tales and small items of encouragements. His procedure is awesome and is proven. There is a lot of chance for Ben to write a second book entering more detail with sample teaching programs, worksheets, and mental schooling that he provides Mat, Katrin and Cole (Sager) proceed through. Probably Ben will write another book with these insights and details, but they're not there in this edition.

The NOT Good1. The title leads someone to believe you'll find ways to "Chase Excellence" using particular details on "Commitment", "Grit", "Positivity", "Confidence", "Maximizing Minutes", "The Process" and more. However, as I mentioned previously this book is even more about sharing the tale of how Katrin went from sixth spot to back-to-back champion, but without sharing the details of how she do. As alluded to at the end is a range where Ben shares how Mat, Katrin and Cole simply tell him not to "give away the playbook", but that's what the name and chapters alude to. We do not get much more than some general quotes and a lot of back tale. My son will probably never execute a Crossfit workout, but I want him to soak up what this book says about succeeding in life. Katrin's Fittest Guy & Woman Titles" rather. The book ends rapidly with an epilogue when the Games are over, as if there was a publishing deadline. One shouldn't expect a secret or strategy that's under no circumstances been heard about before. It's accurate that some understanding, humility and hard work are the secret to achievement. It's a great read and go through it three times already.

3.2. It could possess been great to include some of the books, course, worksheet or other items here, if it's not going to be part of the chapters. New favorite book! I came across his points extremely encouraging & Great if you do crossfit, but also inspires for every aspect in life and precisely what you do. I love Ben Bergeron's programming and podcast insights. he have created. The good thing in publishing is that you can develop a second edition and include these things. Further, the book ought to be the catalyst for an on the web video program for implementing these habits.

First, that is a good reserve that could have already been great! It's by no means previous to re-learn the basics What Ben Bergeron teaches is nothing "fresh" or innovative; I enjoyed every single page and it had been difficult to find a fault with it. What a go through! Learn the characteristics of a champion whilst getting a behind-the-scenes view of the CF Games simultaneously! This reserve delivered in two methods. It provided all the ingredients on what it takes to be the very best, and to chase excellence. The cherry on top is usually that Ben uses the CF Games to solidify these characteristics, how it works, how to use them, while also informing his recollection of the CF Video games too. Each chapter targets a different trait. It's so nicely carried out that I didn't realized that I simply got a behind-the-scenes look at the games while learning the characteristics of a champion! Done well! Great Read IN THE EVENT THAT YOU follow

Comptrein, and only Love getting behind a coach's and his athlete mindset this publication is for you. There is no "Reading List" or suggestions for other publication that "Chasing Excellence" might use. That said, there is nothing right here that prepares one to chase excellence that you can't get from "The Obstacle may be the Way", "Ego is the Enemy", "Mastery" or various other books. Love Ben's mindset and how his athletes condition themselves mentally inside there ears instead of outside there limits. Also Love how you can go back watching the games and see the references in the reserve has out behind the scenes while you are reading and replaying the occasions. Great book and looking forward to Chasing Excellence Volume 2. Nice work Bergeron If want some motivation to be de very best version of yourself this is the book you need to go through. I follow Bergeron's training plan and it has helped me a lot, not merely for conditioning or enhancing my fitness but also to have a structured training which book is the perfect combination to his training curriculum. I'm not really a cross-fitter but I abide by it and also have watched Ben's athletes (Matt, Katrin, and Cole) compete. he articulates everything so well and accompanies everything with an excellent example. Save your money and purchase "The Obstacle is the Way" if you want useful insights in living most of the principles briefly discussed in "Chasing Excellence" Amazing read! however, he articulates everything therefore well and accompanies everything with a great example. I might be biased because Katrin Davidsdottir is usually my favorite athlete and I really like CrossFit, however, you do not need to be passionate about either of these issues to gain a lot from this publication. This is a great read and the language is very down to earth.. We could all make use of reminders on how best to chase excellence, how exactly to be better people, athlete, and coaches. Meh Meh. Incredible read, and the beauty of the book is that sometimes if you've never done Crossfit that is still such an amazing read. It tells a tale about taking gifted sportsmen/people, applying personality and mental/psychological procedures to the blend and making them incredible. If you're a coach, manager, or teacher this publication will tell you the right way to build a team or person directly into someone that'll better transformation society. That is now my new favorite book! Much more than just Cross Fit! Great publication. As the book tells the story of 2 of his athletes & It targets the mental part of the activity and is intentionally written to be applicable to whatever you want to accomplish in life. Great book.4. Shows what it takes This book is an instant read with resilient lessons. Great publication. I'm not really a cross-fitter but I adhere to . It is compiled by the trainer of two of the very best athletes in the 2016 CrossFit video games and comes after them through the event, but it is about so much more. Great motivating read Great read for everyone, not only crossfit athletes. live every day for that day, give it maximum effort with integrity! Even if you aren't into crossfit yo can apply the Bergeron's philosophy to any facet of your daily life.3. Great read. Applies to all areas of life, not only CF. In order to be really good at something, it is not natural ability, it is effort and determination, and a lot of it. I really like that he spends a lot of time developing sportsmen to not just be good sports athletes but more full and confident people. If you are looking for a groundbreaking approach to fitness or any tips about how to develop any new workout routines you won't see them here. There wasn't actually any how exactly to advice here other than approaching all you do with excellence.. Great read Great perspective on the mind game. Definitely will assist you to strive to end up being better on all areas of life. Great motivational book told through an incredible tale, Bergeron better write another book. Nothing revolutionary, and a lot of humble bragging about him coaching mat and Katrin. Could've, should've, been better. Further, a workbook of sorts will be fantastic to provide the same. Really happy I took enough time to learn this book and wish this isn't Bergerons only 1! It's never aged to re-learn the fundamentals.. their trip to CrossFit greatness, it way more tells anybody how to quit producing excuses, quit living in the past, dwelling on everything you perceive as failures, & The lessons are therefore important and it's

a remarkably motivating book. Worth the go through. Finished it in a day and can reread it every once in awhile.. I'll read this again and again. they are currently assisting me in my own everyday life, as well as my workouts. Good not Great Ben talks a whole lot about mindset and personality which I also believe are more essential than championships . Even though you do not want to be world class, you can be a lot better at whatever you should do by reading and watching the lessons in this book. I currently gifted this publication to my son and am discussing it within my Crossfit fitness center, but don't think it is only limited by Crossfit athletes. This is a plus, if this is one way the book is certainly outlined and titled right from the start, but the subtitle ought to be "The Behind the Moments of Mat & Great book Great book on exactly what it means to be devoted, to work hard. Much better than a lot of other self help books out there. Encouraging, read. Short read however it provides you alot to take into account. Must read for any athlete.



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