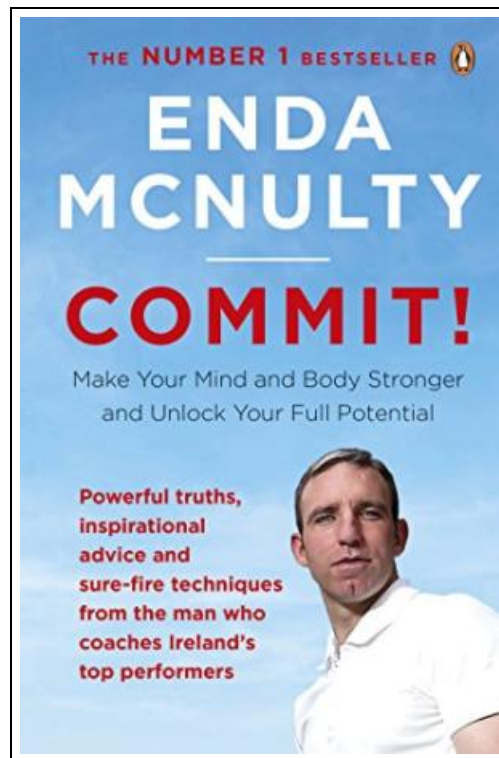


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(Ms. Kirstin O'Kon)

COMMIT!: MAKE YOUR MIND AND BODY STRONGER AND UNLOCK YOUR FULL POTENTIAL (PAPERBACK)



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Penguin Books Ltd, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. An onslaught of positivity from start to finish . . . Plenty [of people] will find something in it to help them along Irish TimesAs an All-Ireland winning footballer and a successful motivational coach and businessman, Enda McNulty has an intimate knowledge of what it takes to achieve real success.Enda has worked with international high achievers such as rugby legend Brian O Driscoll, the Leinster and Irish rugby teams, Olympian David Gillick, Riverdance principal dancer, Padraic Moyles, and top management teams in companies like Digicel, Diageo, Intel, Microsoft and Facebook. He knows how to help people reach their potential.Enda believes that our greatest fulfilment comes from finding, and working to achieve, our life s true purpose. In Commit! he explains how to go about doing this.Drawing on his personal and professional experience, Enda demonstrates how to harness your strengths so you can live a more purposeful life.He explains how to develop a mindset that will help you to recognise and embrace opportunity.He explores resilience and mental toughness and how to develop both.And he provides practical guidance on managing physical wellness through the right mix of exercise and nutrition.Using examples from the wide variety of the people Enda has helped - some well-known, some not so well-known - Commit! blends real world experience with the wealth of personal insight and expertise Enda has built up over the years.It is nothing less than a one-stop manual for becoming the truest most fulfilled version of yourself you can be. After working with Enda and his team my onstage performances improved significantly and the work still helps me reach my potential in every facet of life Padraic Moyles, lead dancer, Riverdance Working with Enda McNulty made a positive difference...



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