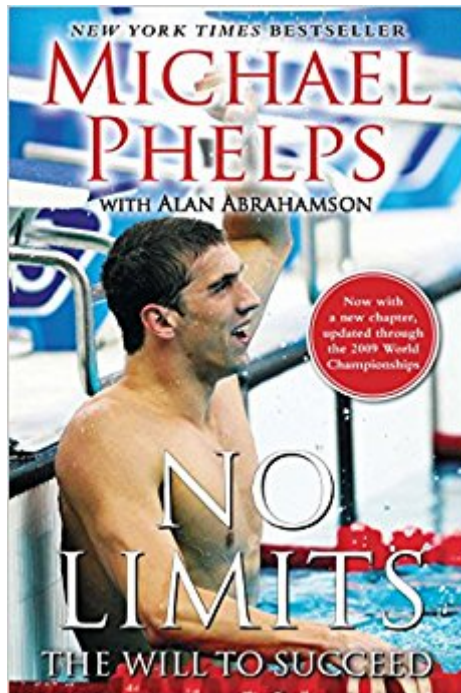




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# No Limits: The Will To Succeed



## Synopsis

Fresh from his triumphant and extraordinary achievement at the Olympic Games in Beijing, Michael Phelps—up from working-class, born-in-the-USA roots—shows us the secrets to his remarkable success—from training to execution. For years the world has followed Michael Phelps's progress from teen sensation in Sydney to bona fide phenom in Athens. Now he's a living Olympic legend in Beijing with a peerless record of gold medals. In *No Limits*, Michael Phelps—the greatest competitor since Michael Jordan or Tiger Woods—will share the secrets to his remarkable success. Behind his tally of Olympic gold medals lies a consistent approach to competition, a determination to win, mental preparation, and a straightforward passion for his sport. One of his mottos is “Performance is Reality,” and it typifies his attitude about swimming. *No Limits* goes behind the scenes to explore the hard work, sacrifice, and dedication that catapulted Phelps into the international spotlight. Phelps shares remarkable anecdotes about family, his coach, his passion for the sport, and the wisdom that he has gained from unexpected challenges and obstacles. Highlighting memorable races and valuable lessons from throughout his career, Phelps offers candid insight into the mind and experiences of a world champion. Phelps's success is imbued with the perspective of overcoming obstacles and doing whatever it takes to realize a dream. As his coach, Bob Bowman, says, Phelps has made a habit out of things other people aren't willing to do. *No Limits* will show readers just how he does that, and will inspire anyone to follow their passion straight to the finish line.

## Book Information

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## Customer Reviews

Michael Phelps is an eight-time Olympic gold medalist and holds the record for the most gold medals of any Olympic games. He holds seven world records for swimming.

Michael Phelps, who won eight gold medals at the 2008 Beijing Olympics, talks about his swimming career, his preparation, and his dream of bringing the sport to greater prominence in the United States. Introduced by Phelps himself, the book is read by Holter Graham with a voice that matches the tone of Phelps's writing: a touch of cockiness offset by hard work and dedication to his sport. Listeners whose interest in Phelps has been piqued by recent news won't find much scandal here, although Phelps discusses his DUI arrest and tackles the issue of doping. The emphasis on training and preparation, however, will be of special interest to athletes. J.A.S. Â© AudioFile 2009, Portland, Maine --This text refers to an out of print or unavailable edition of this title.

This book was a nice and quick read. It is simply a motivational book by the worlds greatest swimmer: Michael Phelps. I was expecting more of a biography. Instead, the author takes us race by race throughout the entire 2008 Beijing Olympics, for a total of eight races/chapters. In each chapter it digresses to different parts of Phelps' life. In addition, each chapter has a different title geared towards achieving your goals. Many times this book felt repetitive. It simply reinstates the same messages about setting goals, focusing and working hard to achieve them. Plus, I really didn't understand how many of the chapter titles stress that point in each chapter. It really felt like one repetitive message throughout the book. I also got lost many times throughout the technical points of swimming. You really need to be a hardcore fan to keep up with the different swim strokes, races, times, etc. (I guess Phelps underestimates the audience as most of us are not as familiar with swimming as he would like us to be). The good part of the book is that it is not dragged out. Despite the points above, it is a brief and quick read. It is very manageable to quickly read through this book and get its overall message very clearly. I am one who loves motivation and inspiration, especially when it is given by someone that is very accomplished in his/her field. Therefore, if you want a quick reinforcing motivational tool, this book is for you. You can probably finish it in a few days or a week at most. Plus you'll get a glimpse at the life of probably the greatest swimmer in history.

This book like every one I have ever read about Michael Phelps is so inspirational. His life wasn't "a piece of cake". He made it what it is. I cannot imagine ever knowing of another athlete who observed a schedule like his from childhood. And in fact perhaps lost some of his childhood because of his goals. This to me is a really great person who deserves to reach the extreme highest

honors.

I really enjoyed this book. My middle daughter is an age group swimmer and just finished her 4th summer so reading about the experience of the greatest swimmer ever was a great way to pass time at the pool while she practiced or in between her races at meets.

Awesome book! Very informative and entertaining!

Efforts, hard work, training like hell. Amazing how Phelps and his coach have so much commitment. They deserve all the success they got. Hail to the GOAT!!

I'm not a big fan of biographies, but I bought this anyway. I have to say it was a very intriguing story and I absolutely enjoyed it. It put new drive into me as a swimmer and put some new hope into my dreams. It was humorous, encouraging, and it taught you that no matter how many bumps you hit in the road, to always get back up on your feet and try again. The order of the events was a little confusing to me because it would hop from one place to the next, but I still love it very much. I've always wondered what it was like to be him and now I finally know. I would recommend it to any swimmer who wants to learn some new skills or is just looking for a great story of an Olympic athlete.

My two young grandsons have won gold medals in their age division and I could not think a better book for them to read first than this one. I am a page turner so they will get books rather than Kindle copies whenever I can get them. This was in great condition and arrived on time. Kudos to the seller for having such great merchandise. I will buy from them again. My grandsons were beyond the moon. All my grandchildren receive books for Christmas. A 70yo Nana Page Turner

I am a huge Michael Phelps fan, and fan of swimming in general, but I still managed to get lost in the technical talk in this book. I found the overall message and story highly inspirational and very compelling. I loved reading about how Michael overcame all those hard times to reach where he is, but every exact time, split time, and tons of names are mentioned that, yes, are important, but get in the way of the message. I loved the book, some parts were work to get through, still love Michael Phelps, and if anything I left the book with a sense of "never give up on your dreams".

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