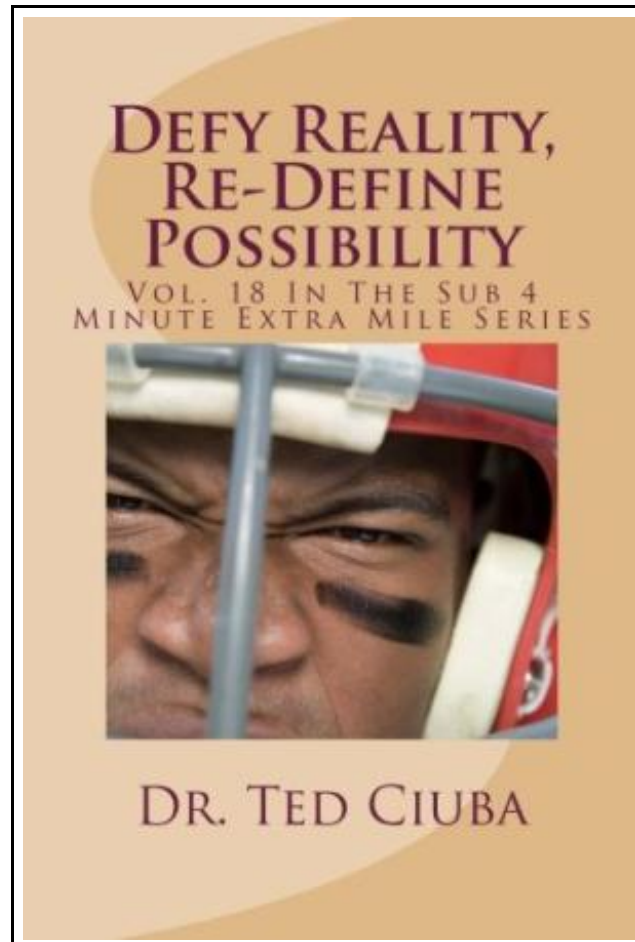


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(Dr. Kayden Gerlach)

DEFY REALITY, RE-DEFINE POSSIBILITY: VOL. 18 IN THE SUB 4 MINUTE EXTRA MILE SERIES



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Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.As an achiever, wouldn't you agree with me you've got to go the extra mile to achieve the success you want? There isn't any real choice about that. But the good thing is you will distance yourself from your competitors when you're in that extra mile zone, because so few people are there. Yet, it's only a mile! We're talking about the extra mile here, not the extra 100 miles. Then we invoke Roger Bannister, because he's such an example to us about the extra mile. He is the athlete who, 6 May 1954, broke the four-minute-mile barrier. How did he do it? Well of course, you can imagine that a person going after something like that had to go into training, can't you? But as for training? Well, Roger was a medical student, pre-med-neurobiology at Oxford University. He didn't have much time. He took thirty minutes of his lunch hour in the months leading up to the big event and practiced running. That's all. He had to save the rest to cool off, shower, eat, and make a couple phone calls. It wasn't enough, all sports training wisdom said. Yet with that Roger Bannister broke a record that had stood for millennia. He redefined what was possible. Prior to him, nobody had ever done it. Two and a half years later, already 16 people were doing it, and it's pretty much a qualifier today. We see that with such small efforts in that extra mile zone-Roger was taking thirty minutes at lunch-you can accomplish incredible things. See, you've got to go the extra mile....



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