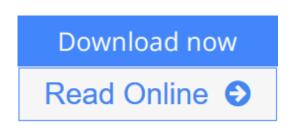


# Chasing Excellence: A Story About Building the World's Fittest Athletes

By Ben Bergeron



## **Chasing Excellence: A Story About Building the World's Fittest Athletes** By Ben Bergeron

CrossFit trainer Ben Bergeron has helped build the world's fittest athletes, but he's not like other coaches. He believes that greatness is not for the elite few; that winning is a result, not a goal; and that character, not talent, is what makes a true champion. His powerful philosophy can help anyone excel at all aspects of life.

Using the dramatic competition between the top contenders at the 2016 Reebok CrossFit Games® as a background, Ben explores the step-by-step process of achieving excellence and the unique set of positive character traits necessary for leveling up to world-class. The mindset and methodology that have produced some of the greatest athletes in the world's most gruelling sport can work equally well for golfers, lawyers, artists, entrepreneurs--anyone who's willing to commit totally to becoming better than the best.

By *Chasing Excellence*, you'll discover how extraordinary it's possible for you to be.

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#### **Editorial Review**

#### Review

"Ben's ability to develop mental toughness and the approach he shares in Chasing Excellence is a game changer for athletes in any sport."

- Javier Vazquez, Major League Baseball All-Star

"You need to know absolutely nothing about CrossFit to appreciate the wisdom and incisiveness of Chasing Excellence. Ben Bergeron has written a must-have handbook on how to take your mental toughness, career, relationships and your life to the next level."

- Chris Hinshaw, Professional Triathlete, winner of Ironman Brazil and Creator of AerobicCapacity.com

"This book will do for you what Ben has done for me--take you to the next level and show you how to be the best. His insights on the mental game are second to none. You will feel prepared for anything." - Bethany Hart-Gerry, US Olympic Bobsled Team

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