

Book Description

Motivational Moments in Men's Track and Field is designed to inspire, encourage, motivate, and teach valuable life lessons. The athletes profiled are ordinary people who used extraordinary desire to accomplish extraordinary things in London. Each athlete began simply with a dream, which developed into a belief in themselves. They personify the Olympic philosophy – “there are no great people, rather there are great challenges that ordinary people are forced to meet.” Their stories offer hope that we too can dream and reach beyond our perceived abilities to achieve.

Some of the stories are of well-known athletes such as Glenn Cunningham, who set a world record in the mile after being told he would never be able to walk again, or Al Oerter, who won four Olympic gold medals despite never being a favorite to win. Some, such as Jesse Owens, faced racial discrimination but overcame adversity to become successful. Many athletes trained to become among the best in the world but were unlucky with injuries, such as Eulace Peacock, who consistently beat Jesse Owens before injuries prevented him from competing in the 1936 Olympics.

Each story can be read in just a few minutes. The stories of these 75 Olympians teach us how to eliminate negative thinking, to focus our attention on what is important, and how to overcome obstacles to reach our goals.

Motivational Moments in 2012 Olympic Track and Field is written for those who are currently competing, coaching, have participated in track and field, or are simply a track and field or sports fan. The questions at the end of the stories are designed to encourage, challenge, teach, and enable you to grow as you apply these principles to athletics and to the bigger game of life.