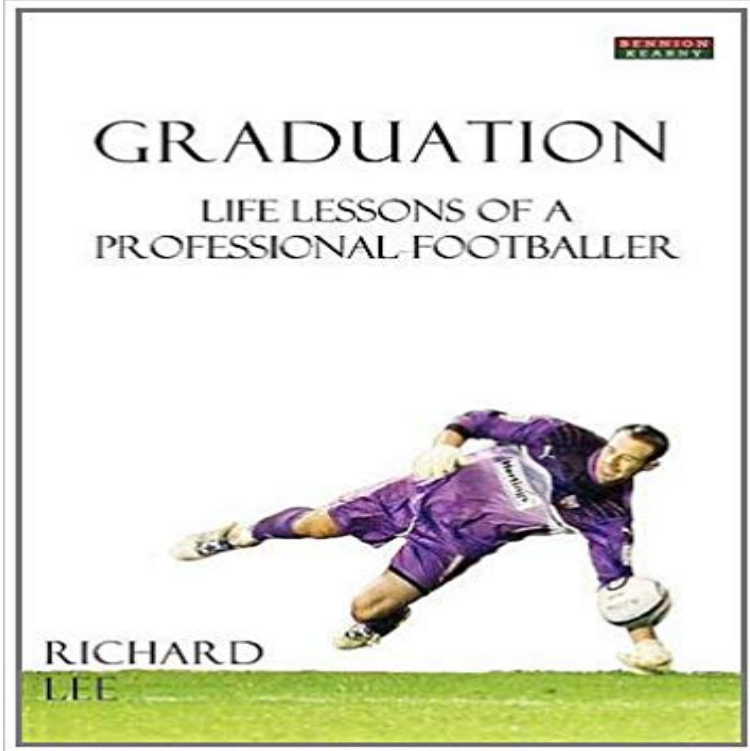


Graduation: Life Lessons of a Professional Footballer



The 2010/11 season will go down as a memorable one for Goalkeeper Richard Lee. After more than ten years at Watford FC, Richard signed for League One outfit Brentford FC, but soon found himself cast aside. Dropped after one game and behind three other goalkeepers before he would get another opportunity - Richard would take on his toughest challenge to date! Cup wins, penalty saves, hypnotherapy and injury would follow, but these things only tell a small part of the tale. Suffering from acute mental anxiety throughout his career pushed Richard into making a choice between fight or flight. Could he overcome his fears or take the easy road out and quit? Fortunately for Brentford fans, he chose to fight. Throughout this book, Richard shares his understanding of the mind and how to apply it for high-level performance. Filled with anecdotes, insights, humour and honesty - Graduation uncovers Richards campaign to take back the number one spot, save a lot of penalties, and overcome new challenges. What we see is a transformation - beautifully encapsulated in this extraordinary season.

Through his book Graduation Life Lessons of a Professional Footballer Lee takes us on this journey. What is clear from the start of the book is Buy Graduation: Life Lessons of a Professional Footballer by Richard Lee (ISBN: 9780957051126) from Amazons Book Store. Everyday low prices and free Note 0.0/5. Retrouvez Graduation: Life Lessons of a Professional Footballer et des millions de livres en stock sur . Achetez neuf ou d'occasion. Skickas inom 5-7 vardagar. Kop boken Graduation: Life Lessons of a Professional Footballer av Richard Lee (ISBN 9780957051126) hos . Fri frakt. Read a free sample or buy Graduation: Life Lessons of a Professional Footballer by Richard Lee. You can read this book with iBooks on your - 25 sec Click Here <http://?book=0957051123>. Graduation: Life Lessons of a Professional Footballer eBook: Richard Lee: : Kindle Store. Graduation: Life Lessons of a Professional Footballer (Heftet) av forfatter Richard Lee. Ballsport. Pris kr 179. Se flere boker fra Richard Lee. Read a free sample or buy Graduation: Life Lessons of a Professional Footballer by Richard Lee. You can read this book with iBooks on your Buy Graduation: Life Lessons of a Professional Footballer: Read 5 Kindle Store Reviews - . Graduation: Life Lessons of a Professional Footballer???????????? The life of a professional footballer is easy isnt it? Train for a couple of hours a day, which despite some occasional fitness work is generally Booktopia has Graduation, Life Lessons of a Professional Footballer by Richard Lee. Buy a discounted Paperback of Graduation online from