



# **They Did You Can: How to achieve whatever you want in life with the help of your sporting heroes**

*Michael Finnigan*

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# They Did You Can: How to achieve whatever you want in life with the help of your sporting heroes

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## **They Did You Can: How to achieve whatever you want in life with the help of your sporting heroes**

Michael Finnigan

Young boys love sports, whether as a spectator or a participant. They are fascinated by what their favorite heroes achieve in their favorite sport. Michael Finnigan believes that, with the help of motivation from these sporting heroes, young men can realize their goals, whether it be in the sporting or the academic arena. Something like slipping carrots into the pasta sauce. In this volume, Michael has interviewed numerous celebrities to discover what it was that helped them in their success. Contributions by some of Britians formost sporting heroes include: Sir Clive Woodward, Martin Johnson CBE, David Moyes, Sir Tom Finney, Philip Neville, Gordon Banks, Gary Kirsten, Karen Barber, Dame Mary Peters, Jeremy Snape, Eric Simons, Beth Tweddle, and Jonathan Davies MBE. Each has given him their secrets of success which he has combined with enjoyable exercises to raise self esteem and aspirations so that all young boys are able to achieve their goals.

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