



# No Limits: The Will to Succeed

*Michael Phelps, Alan Abrahamson*

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*"When I'm focused, there is not one single thing, person, anything that can stand in the way of my doing something. There is not. If I want something bad enough, I feel I'm gonna get there."*

Michael Phelps is one of the greatest competitors the world has ever seen. From teen sensation in Sydney to bona fide phenom in Athens, he is now -- after the Beijing Games -- a living Olympic legend. With an unprecedented eight gold medals and world-record times in seven events, his performance at the 2008 Games set a new standard for success. He ranks among the most elite athletes in the world, and is both an inspiration and a role model to millions. The incredible focus he exhibits in practice and during competition propels him forward to his unrivaled excellence. In *No Limits*, Michael Phelps reveals the secrets to his remarkable success, from his training regimen to his mental preparation and, finally, to his performance in the pool.

Behind Phelps's tally of Olympic gold medals lies a consistent approach to competition, a determination to win, and a straightforward passion for his sport. Like Michael Jordan and Tiger Woods, he has learned to filter out distractions and deliver stellar performance under pressure. The road has not always been easy; from the very beginning, Phelps had to overcome physical setbacks and emotional trials. When he was younger, he was diagnosed with attention deficit/hyperactivity disorder; other kids bullied him; even a teacher said he would never be successful. Later, he had to work through injuries that jeopardized his career. In this book, Phelps talks for the first time about how he has overcome these and other challenges - about how to develop the mental attitude needed to persevere, not just in athletic competition but in life.

His success is imbued with the perspective of overcoming the obstacles that come your way and believing in yourself no matter the odds.

*No Limits* explores the hard work, commitment, and sacrifice that go into reaching any goal. Whether it is on the starting block during an Olympic swim meet or in the weight room on a typical day, Phelps's dedication has led him to unparalleled excellence. Filled with anecdotes from family members, friends, teammates, and his coach, *No Limits* gives a behind-the-scenes look at the makings of a real champion. One of Phelps's mottos is "Performance Is Reality," and it typifies his attitude toward achieving his goals. It's easy to get bogged down by doubt or to lose focus when a challenge seems out of reach, but Phelps believes that you can accomplish anything if you fully commit yourself to it. Using the eight final swims of the Beijing Olympics as a model, *No Limits* is a step-by-step guide to realizing one's dream.

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