



Live A Motivated Life

Steven Turnbull

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Learn the secrets to improving your performance and fulfilling your potential. The key to achieving this is motivation. However, few people know how to get themselves truly motivated, stay motivated or be able to motivate others. This book will provide you with psychological techniques to help motivate you and remove the barriers to your success in life. Learn from someone who walks their talk. Steven Turnbull is a sports psychologist, business mentor, entrepreneur and motivational speaker. He specializes in significantly improving both the performance and achievements of people and organisations, through motivational coaching and psychology. His clients include elite sports professionals, business leaders, self-made millionaires, businesses and non-profit organisations. Steven took his first company to a £3million turnover within only two years, winning several industry awards for excellence along the way. Based in the UK, he has spoken and coached clients in countries throughout Europe, North America and Africa. Improve the way you think and you will improve the way you live.

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