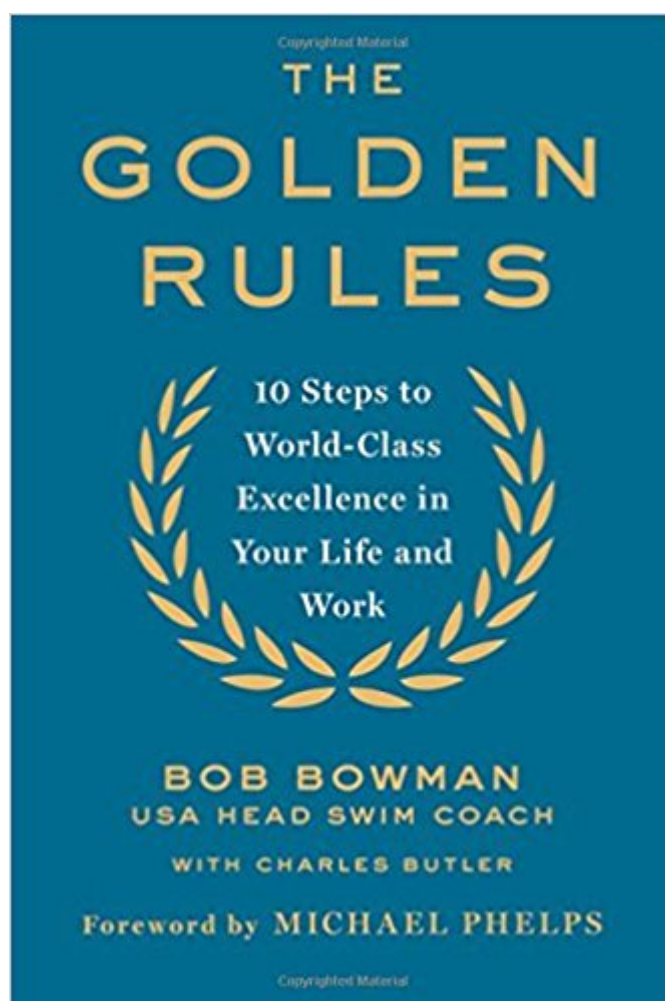


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# The Golden Rules: Finding World-Class Excellence In Your Life And Work



## Synopsis

Bob Bowman, best known as the coach for the record-breaking run of Michael Phelps, is one of the most successful coaches in sports history. He is lauded for his intense personality, incredible dedication to his athletes, and his ability to nurture talent in athletes who have the heart and drive to win. This is his motivational book about winning in all walks of life and what you have to do to get there. He presents ten key concepts that all people should live by. Inside, illuminated by spirited anecdotes, Bowman will teach you how to get gold out of every day by setting goals and getting motivated to achieve them. He will explain that taking risks is the key to success in any pursuit, and coach you on how you can become more risk-tolerant. By following The Golden Rules, you will learn through Bowman's expert coaching to visualize in order to achieve your goals, and that above all else, dedication to your training, your job, or whatever area it is you are seeking to triumph in is paramount for success.

## Book Information

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## Customer Reviews

"[The Golden Rules] stands apart for its humility. [Bowman] has no secrets and knows of no shortcuts. Mostly he obsesses about simplicity. For Phelps and Bowman's other elite swimmers...the most important [goal] is producing the best possible performance at the next practice, and the one after that, and the one after that." â The Wallstreet Journal "[The Golden Rules] is [Bowman's] motivational book about winning in all walks of life and what you have to do to get there...illuminated by spirited anecdotes, Bowman will teach you how to get gold out of every day by setting goals and getting motivated to achieve them." â National USA Swimming

Organization" In The Golden Rules, Bowman details 10 steps to world-class excellence in life and work, illustrating them with lessons learned from coaching not only Michael Phelps, but also several more world-class swimmers and his own personal experiences." • NBCSports.com "The Golden Rules applies Bowman's coaching method to general pursuit of excellence...a must read." • AZcentral.com, part of the USA Today network "The Golden Rules is a book for all of us, for all who, like Bob Bowman and Michael Phelps, have a goal in mind and understand that it will not be easy to achieve. It will not come without adversity, it will come with no guarantees, it will require daily dedication, devotion and discipline. It will require change and adaptation during all life." • swimillustrated.pro "Make room for a pride of place gem...This is a book for all and for all seasons" • Swimvortex.com

BOB BOWMAN is the longtime coach of 18-time Olympic gold medalist Michael Phelps. After serving as an assistant coach in three different Summer Olympics, Bowman was the head coach of the U.S. men's swimming team at the 2016 Rio Olympics. He was also the U.S. men's head coach at the 2007, 2009 and 2013 FINA World Championships. Inducted into the International Swimming Hall of Fame in 2016, Bowman is currently the head swim coach at Arizona State University. CHARLES BUTLER has written for The New York Times, Fortune, and Runner's World, among other publications. With Matt Long, he is the author of The Long Run: A New York City Firefighter's Triumphant Comeback from Crash Victim to Elite Athlete. He has taught journalism at Lehigh University, Ursinus College and the University of Oregon and resides in Pennsylvania's Lehigh Valley with his wife and two children.

First off, this book was bought for my 15 year old grandson. My wife had heard of this book and wanted to share it with him. He is on his high school swim team. Does yoga. Plays the Bass. Had fun on the side. — He is a very self motivated person. Participating in extra swim competitions, Orchestra contests and is heading to London in December for two weeks of playing with non-USA musicians. This is one self motivated individual. So, she/we gave him this book. He read it cover to cover last weekend while over at our house. So, I asked him. What did you think? 15 year old gave me this in depth analysis. Him: "It was good." Me: "did you learn anything?" Him: "yeah." It was great to see him open up and really lay out his feelings. We had some chips and watched Deadpool for fun.

Bob Bowman has done a great job of outlining his philosophy as it applies to training elite

swimmers. He has given anyone who cares to think through his 10 rules the opportunity to apply these to their own situation, be it sport, business or life in general. I recommend this to anyone looking to improve their circumstances.

Well written. Very useful for those who want to understand the effort and dedication needed to achieve elite levels of excellence.

It's a great read and good insight into what goes into making a champion. It's just that I find Bowman's voice jarring in the audiobook

I am a swimmer and a teacher. I definitely recommend the book.

Very good book, well written and some amazing tips to help people to become more productive.

A well written book that explains in detail the "method" he uses to help train Michael Phelps to become the great champion that he is today. This book has inspired me to think about my goals and how I can go about achieving them. I've highlighted so much in this book and this is one I will be re-reading often. The stories and examples he gives are interesting, a quick read, not boring at all. I am not a sports fan but I love this book along with Phil Jackson's Eleven Rings. Highly recommend!

This is not an inspirational tape, but rather a monologue by Bob Bowman on how great he thinks he is.

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