



The Power of More: How Small Steps Can Help You Achieve Big Goals

Marnie McBean

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The Power of More shows readers how to accomplish their goals, big or small. Whether you are a novice runner who wants to run a 10k race, a sales rep who wants to increase market share, or an elite athlete trying to conquer the world stage, you can achieve your ambition by believing in the importance of doing a little bit more.

With humour and insight, three-time Olympic champion **Marnie McBean** discusses the importance of breaking big goals down into manageable bits of "more." *The Power of More* is about concentrating not on the more you can get but the more that you can do. Even when you think you're done, you aren't -- chances are you have a bit more to give.

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