



## Turn It Up: How to Perform at Your Highest Level for a Lifetime

By Jeffrey Spencer

Health Communications. Paperback. Book Condition: New. Paperback. 290 pages. A hardcore life overhaul guaranteed for a lifetime of success--used by champions in business, sports, entertainment, and life. As a former Olympian, team member of eight Tours de France, renowned chiropractor, international lecturer, and Life Coach to the Stars, Dr. Spencer knows what it takes to overcome obstacles, create and execute plans, and achieve stardom. Hes taught his techniques and offered his guidance to many top athletes, businesspeople, entrepreneurs, and entertainers who seek his proven philosophies. Through twenty-eight years of coaching and training the top performers in a variety of fields, Dr. Spencer has identified what it is that these highly successful people have--and do--that enables them to make it so far in life. In Turn It Up!, Dr. Spencer shows you what makes these highly accomplished individuals reach the top consistently and translates their philosophies--and his--to ensure that you can implement his proven program for success and turn up your life a notch, not only into your daily routines, but into the way you think, the way you plan, and the way you live your life. After reading Turn It Up! and implementing Dr. Spencers Twelve Principles for Personal Success,...



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