

Play with your heart

by Xesco Espar



PLAY WITH YOUR HEART

EXCELLENCE IS NOT ENOUGH

BY XESCO ESPAR

136 pages

Personal Development - Sport

■ Either you have your own aims or you belong to someone else.

SYNOPSIS

How can you fight destiny when everybody else is better placed right from the start? The answer is not in your head but in your heart as it is there we find our deepest wishes, the ones which really makes us act. The author maintains that in order to achieve excellence it's necessary to be trained up. But to get beyond that, you have to undergo a complete change. He takes examples from his own experience as a personal coach and from his unique approach to life he show us how life punishes those that just talk and fully compensates those that act, undergo transformation and grow ... those that play with their hearts.



ABOUT THE AUTHOR

Xesco Espar holds a degree in Sport and a Master in the Psychology of Learning. He has been a teacher at INEFC Barcelona and a handball coach for FC Barcelona from 1985 to 2007. As the first trainer at that club, he won the Champions League in 2005, the ASOBAL League in 2006 and the King's Cup in 2007. Currently he is working at Barcelona Football Club as a coordinator of Physical Education of the Professional Sections. He talks at conferences about personal power and emotional control.

www.xescoespar.net