



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

Jeffrey Spencer

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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. He's 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. Spencer's Twelve Principles for Personal Success, you will have a solid and doable plan, for:

Embracing proper risk • Controlling fear • Defining principles • Attracting opportunity • Remaining focused • Formulating a plan • Finishing the job • Sustaining physical and emotional health • and Maintaining fitness

No longer is there a line between the successful and 'everyone else,' as *Turn It Up!* unveils the learned skills within your reach with Dr. Spencer's fail-proof personal success system.

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