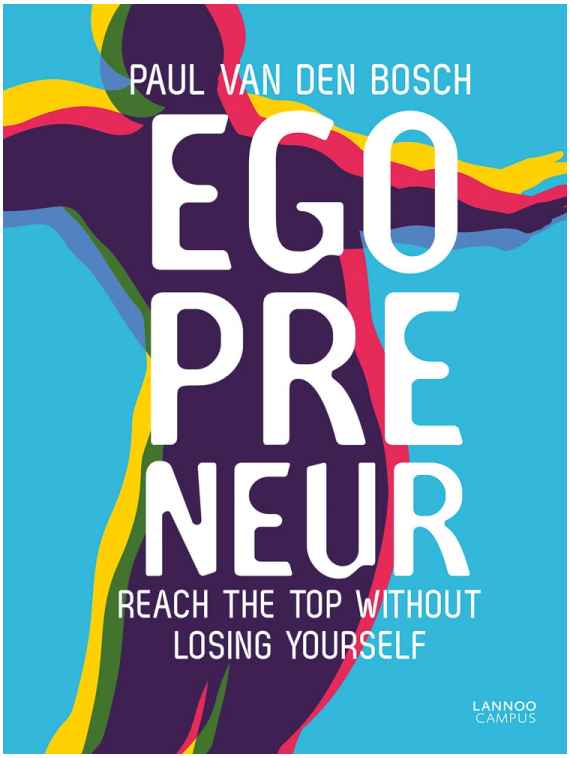
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Reach the Top Without Losing Yourself

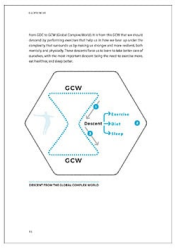
Paul Van Den Bosch

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- Written by an internationally renowned and multiple world medal winning sports and business coach
- Readily applicable advice for professional as well as personal life
- Brings nuance in often heated discussions surrounding work-life balance

At the highest level, athletes (both men and women), do everything to peak at the right moment and go the extra mile to reach their top form. But this kind of intensity is not always possible in a job or in daily life, and it is not always healthy to go the extra mile.
Egopreneur
helps you to assess your strengths in order to find more balance and resilience in your work and private life. This book is by a well-known sports and business coach, whose insights will help to maximize functionality and balance in this complex world.

Paul Van Den Bosch has over thirty years of experience in working with professional athletes, with whom he has achieved terrific results over several disciplines. He is the co-founder of Energy Lab, the organisation that motivates and aids people and teams in setting up a healthy lifestyle. Today he applies his insights into sports coaching to his work as a business coach.
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