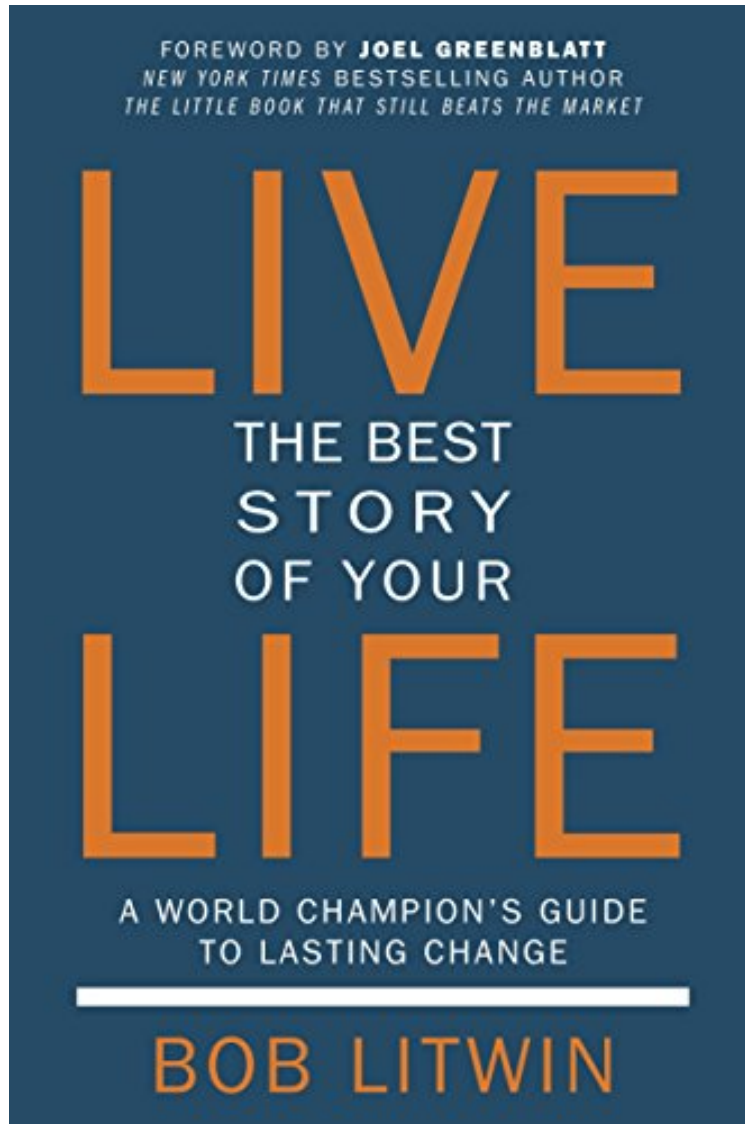


(Free pdf) Live the Best Story of Your Life: A World Champion's Guide to Lasting Change

# Live the Best Story of Your Life: A World Champion's Guide to Lasting Change

*Bob Litwin*

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**Bob Litwin : Live the Best Story of Your Life: A World Champion's Guide to Lasting Change** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Live the Best Story of Your Life: A World Champion's Guide to Lasting Change:

0 of 0 people found the following review helpful. Bob's techniques are easy to apply and will have a profound impact on ...By Alaina KellyChange your story and change your life! Bob's techniques are easy to apply and will have a profound impact on your everyday approach to the simplest of life's experiences. Become a better performers, person,

partner, parent, etc... just by changing your story..Thx Bob for sharing your story!0 of 0 people found the following review helpful. Awesome StuffBy CustomerBob Litwin has a gift. His power to empower others is truly remarkable. Bob is as sincere as he is experienced and both qualities are evident in the book via his memorable anecdotes that together relay the methodology of story telling!0 of 0 people found the following review helpful. honest and easy to readBy CustomerThis book is an encouraging reminder that we have the power to control our life's story. The book is thoughtful, powerful, honest and easy to read. It is a wonderful tool and resource that will be referenced again and again.

CHANGE CAN BE EASY. CHANGE CAN BE FAST.Do you want a new story? Most of us do. We are all looking to shift the stories in our lives. But the question remains: How?This book is the how. A result of thousands of hours of research from the best minds in the field of human potential, *Live the Best Story of Your Life* harnesses the power of your personal story and provides a guide to creating positive shifts in any area of your life.Bob Litwin, a leading performance coach on Wall Street and a World Champion tennis player, brings you 33 personalized coaching sessions that will help you reach new levels of success on every level of your life. Where therapy fails, his brand of storytelling is a faster, more effective way to lasting change.*Live the Best Story of Your Life* does not shift what we do, it shifts who we are. It will also show you how to:  
• Get clear on your old stories and learn to leave them in the past.  
• Discover the excitement and energy of your new story.  
• Access the 33 strategies followed by people who always seem to win at life.Are you on the cusp of a brand new story? If you can feel change brewing, if you want that change to be painless and almost instantaneous, *Live the Best Story of Your Life* is your hand to hold, your private coach, the map you've been waiting for to live the best story of your life.From the Trade Paperback edition.

By using his unique coaching method, Bob was able to not only climb from being an ordinary player to being a World Champion but also he has taken his powerful teachings off the court in order to make an even greater impact in the world of business and life.  
—Billie Jean King, 39-time Grand Slam Champion, author of *Pressure is a Privilege*  
• Throw out every book you've ever bought on change. Here is the silver bullet. The single most important book you will ever read, guaranteed to make you feel limitless in business, create bliss in your personal life and dramatically shift your idea of what you are capable of. The best part? It's easy! Let Bob Litwin change your life.  
—Jay Goldman, Founder and CEO, J. Goldman Co.  
• Bob Litwin's book is a remarkable gift for anyone looking for enduring happiness even in the face of self-doubt, fear or despair. As a turnaround specialist, Litwin's compelling story of personal triumph and his secret sauce coaching skills have helped thousands of people live the best stories of their lives. This book is the game-changer that can put you on the fast track to a life well lived and incredible, long-lasting success.  
—P.J. Simmons, Co-Founder of Corporate Eco Forum, Founder of The Tennis Congress and co-author of *The Green to Gold Business Playbook*  
• Unbelievably effective, and everyone can do it. Instantaneous change and you don't even need to leave the office.  
—Joel Greenblatt, author of *The New York Times* bestseller *The Little Book that Beats the Market*  
• Bob Litwin's written a wonderful book about how to get more out of life and be happier. He suggests storytelling as a route to personal growth. His approach seems impossibly simple, but it is informed by years of work, practice, and living a full life as a husband, father, champion tennis pro and corporate coach. The message is that we need to change the stories we've been telling ourselves about who we are, and replace them with stories about who we hope to become. This is a very original and user friendly book, with dozens of anecdotes about the author and the people with whom he's worked. From mindfulness to gratitude journals to mentors to naps, Litwin coaches us through this process with enthusiasm and optimism.  
—Barbara Benedek, screenwriter (*The Big Chill*, *Pretty Woman*, *Sabrina*)  
• Two things have guided me to become the person I want to be: mountain climbing and Bob Litwin's New Story model. Bob's brand of storytelling has helped me achieve as a mountaineer, business professional and family man. Most people won't climb Everest, but anyone can do the simple work of *Live the Best Story of Your Life* and become exactly who they want to be.  
—Bo Parfet, author of *Die Trying: One Man's Quest to Conquer the Seven Summits*, Co-Founder of Jumar Management and Denali Venture Philanthropy  
• Bob Litwin and his teachings changed my tennis story, which, in turn, changed my life story. His coaching made me more patient, and more grateful—and for that, I'm eternally grateful to him.  
—Gerald Marzorati, award-winning author of *Late to the Ball* and former editor of the *New York Times Magazine*  
• Bob is a very special human being. Wish more of planet Earth had his stuff. He is simply the best!  
—Jim Loehr, *The New York Times* bestselling author of *Power of Full Engagement*, Co-Founder of Johnson and Johnson Human Performance Institute  
• I have worked closely with some of the world's greatest professional, Olympic, and collegiate coaches of elite athletes. Bob Litwin ranks among the best. His TAO and Zen-techniques allow you to discover and unlock the extraordinary powers of body, mind, and spirit for dramatic improvement—not only in your tennis game, but in all arenas of your life. Your game will never be the same once you commit to the Litwin's method of ageless wisdom and practical strategy.  
—Jerry Lynch, Ph.D., author of *Thinking Body, Dancing Mind*  
• What's your story? We all have one...*Live the Best Story of Your Life* offers a simple yet powerful and practical story

system/methodology which will empower the reader to initiate positive changes and live their dream. Throughout the book, Litwin shares his personal experiences and stories of his clients, continually encouraging his readers to throw out their old, negative story and usher in a new story. The 33 personal coaching sessions help the reader to build their spin and foundation to lasting growth. I recommend this book to anyone who is looking for inspiration and wants to live the best story of their life.

—Rob Polishook, performance coach and author of *Inside the Zone: 32 Mental Training Workouts for Champions*

Bob's model takes the fear out of making big changes and his story telling technique is a commonsense, basic approach that everyone can use. *Live the Best Story of Your Life* has helped many of us thrive in difficult markets, deepen our personal relationships, and dramatically improve our health and fitness. Change is easy!

—Mike Marrale, Managing Director, Head of Research, Sales Trading, Investment Technology Group

Bob opened my eyes to what it truly means to be successful in every aspect of my life: professional, marriage, family, friendships, and health. Through teaching me the skills of story writing, Bob has taught me how to visually and mentally create a new path to reach my full potential. As a result, I have seen monumental leaps in both my professional and personal life. My only regret is that I did not meet Bob until my adult life. His desire to share his experience and knowledge through *Live the Best Story of Your Life* is truly a gift to anyone who wants to take their life to the next level.

—Eric Wasserman, hedge fund portfolio manager

My initial conversation with Bob was one of the most profoundly life-altering conversations I've ever had. He so effortlessly showed me the version of myself that I had been searching for and helped point me in the direction I've always wanted to go, but couldn't. My old life story was just too much in the way, and now Bob has given me the tools to focus on my new story. *Live the Best Story of Your Life* is the guidebook that will change the life of anyone looking for more.

—Klinton Kraft, Partner, Digital Blue

Like a fine wine, full-bodied, robust, with much of the depth and scope of his life experiences blended into a unique flavor of a person that he has become, Bob is a coach that we all can savor. *Live the Best Story of Your Life* is an extraordinary vintner. His model for making changes is nothing short of miraculous.

—Fred McNair, President of McNair and Co., French Open Champion

For anyone who has ever felt miserable, desperate and felt that things were impossible, Bob's new story method is the answer. From sleep to losing weight to leaving dead end relationships, the New Story method will turn it all around. *Live the Best Story of Your Life* is about soaring in business, building incredible relationships and enjoying every single step of the journey. The book is the path to a life of authenticity, courage and true joy.

—Laura Jacobs, Founder of Jacobs Management Group, Inc.

Beyond strategy, Bob teaches us the power of transforming the stories within us for success in sport, business, and relationships. In this book, Bob empowers us with the technology for abundance and happiness in life.

—Phil Wharton, author of *The Wharton Health Series*

By working with Bob I have become much more confident in myself as a runner and in my ability to attack any challenges, mental or physical. In the Steeplechase final at the World Junior Championships in Barcelona, Spain this summer, I changed as a competitor. I was only using stories that helped me to run fast, I let go of negative thoughts and I wasn't nervous before the race. Having a positive story has helped me do my best in any situation and allows me to be happier and more successful in my life.

—Brianna Nerud, Oregon Varsity Track, two-time member of the USA World Junior Championship team

Bob's teachings are genuine and sincere because he has taught and developed them himself; so he has lived the reality and walked the walk. It's a dream come true to be exposed to Bob at any level.

—Ed Schrockback, Vietnam veteran and USTA tournament player

About the Author Bob Litwin has spent over four decades using the New Story method to coach thousands of top athletes, coaches, Wall Street hedge funds, traders, and analysts to raise individual performance to extraordinary levels. A world tennis champion, Litwin is a #1 world ranked senior player, 18-time US National Champion, and an inductee into the Tennis Eastern Hall of Fame. He lives in Boulder, Colorado with his wife, Jo Ann.