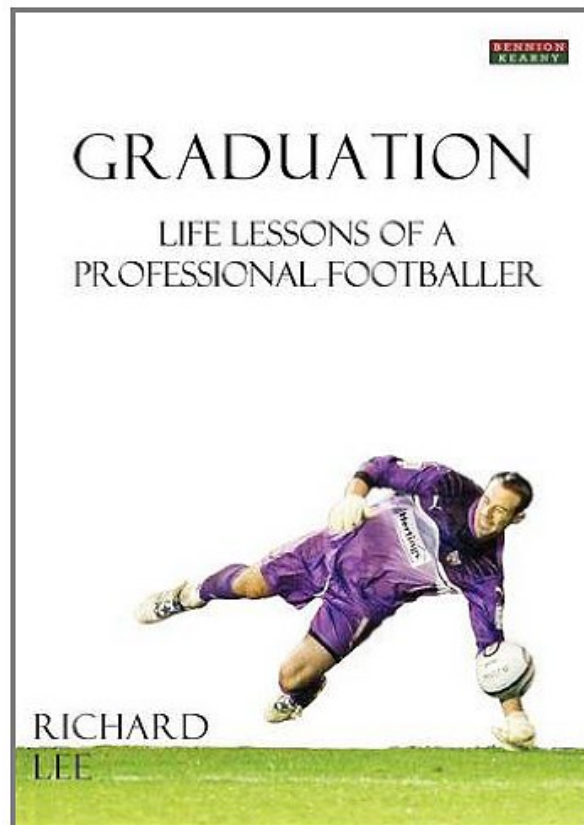


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The 2010/11 season will go down as a memorable one for Goalkeeper Richard Lee.

After more than ten years at Watford FC, Richard signed for League One outfit Brentford FC, but soon found himself cast aside. Dropped after one game and behind three other goalkeepers before he would get another opportunity - Richard would take on his toughest challenge to date! Cup wins, penalty saves, hypnotherapy and injury would follow, but these things only tell a small part of the tale.

Suffering from acute mental anxiety throughout his career pushed Richard into making a choice between fight or flight. Could he overcome his fears or take the easy road out and quit? Fortunately for Brentford fans, he chose to fight. Throughout this book, Richard shares his understanding of the mind and how to apply it for high-level performance.

Filled with anecdotes, insights, humour and honesty - Graduation uncovers Richard's campaign to take back the number one spot, save a lot of penalties, and overcome new challenges. What we see is a transformation - beautifully encapsulated in this extraordinary season.

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- Binding: Paperback
- 228 pages

Features

- Used Book in Good Condition

Most helpful customer reviews

0 of 0 people found the following review helpful.

Enjoyable and helpful sports read

By Jammer13

It was quite a surprise to discover a Brentford player had written a book. Not just a book on football too, but with a slant on performance and getting the most out of life. Respect to the author for being a professional player and businessman as well. The book itself provides interesting insights if you are a bees fan. On the performance side it is thought provoking and helpful on addressing how to get the best out of yourself. I believe however there is more to come from the author further down the line.

0 of 0 people found the following review helpful.

Not just personal but universal

By Justin

What's great about Richard's book is that it is not just his personal story - it is full of advice about how to maximize your own athletic potential. Richard is qualified in NLP (Neuro-Linguistic Programming) and offers great examples and lessons throughout the story of his season. Highly recommended for any athlete, but particularly for goalkeepers.

0 of 0 people found the following review helpful.

Extremely inspirational and motivating!

By Dharmatma Das

My 23 year old son who is a professional keeper told me to read this book. My only regret is that it wasn't available 60 years ago when I was a young man. It would have helped me immensely. I'm happy that my son was able to. Great life lessons. Thanks Lee!

See all 5 customer reviews...

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