

# INSPIRATIONAL FRIDAYS #038

22 November 2024

## FEATURED BOOK

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|-----------|--------------------------------|
| Title:    | <b>The Race of the Century</b> |
| Author:   | <b>Neal Bascomb</b>            |
| Language: | <b>English</b>                 |
| Format:   | <b>e-BOOK/ PDF</b>             |
| Pages:    | <b>227</b>                     |
| Size:     | <b>1.81 MB</b>                 |

## SYNOPSIS:

### Unleashing Greatness: Lessons from "The Race of the Century"

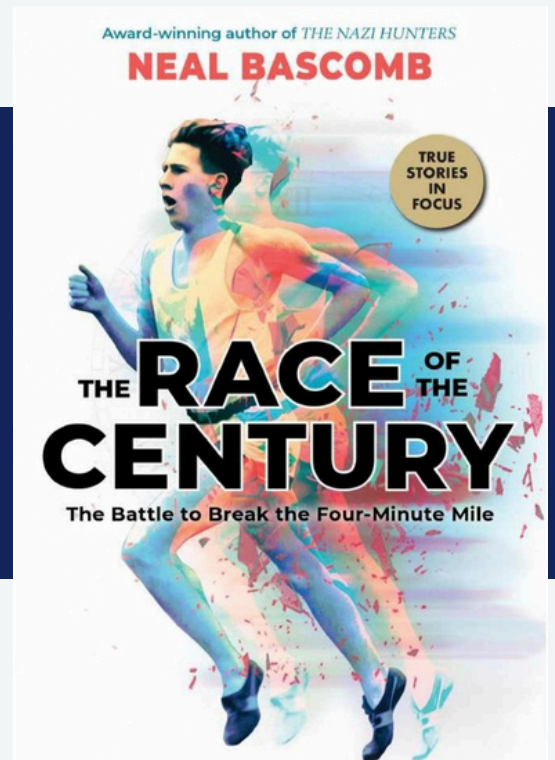
Last Wednesday, Health Beat Wednesday sparked an intriguing discussion: were athletes from the 1970s better? Today, we delve into Neal Bascomb's captivating book, "The Race of the Century: The Battle to Break the 4-Minute Mile."

#### Breaking Barriers

This iconic story revolves around three athletes—Roger Bannister, John Landy, and Wes Santee—who dared to challenge the impossible: breaking the 4-minute mile barrier.

#### Their journey teaches us valuable life lessons:

- 1. Perseverance:** Overcome obstacles with unwavering dedication.
- 2. Innovation:** Embrace creativity and cutting-edge techniques.
- 3. Resilience:** Learn from setbacks and rise stronger.



#### Practical Advice

- 1. Set ambitious goals:** Strive for excellence.
- 2. Cultivate mental toughness:** Develop a resilient mindset.
- 3. Surround yourself with support:** Build a strong team.

#### Inspirational Quotes

- "The only thing that mattered was the next step, the next lap, the next mile." - Roger Bannister
- "I was driven by a desire to push myself to the limit." - John Landy
- "The greatest glory in living lies not in never falling, but in rising every time we fall." - Nelson Mandela

#### Key Thoughts to Ponder on

- The power of human determination
- Importance of innovative thinking
- Value of teamwork and support

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Have a great and blessed day.

Best regards,  
Danie F. Van Aswegen

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