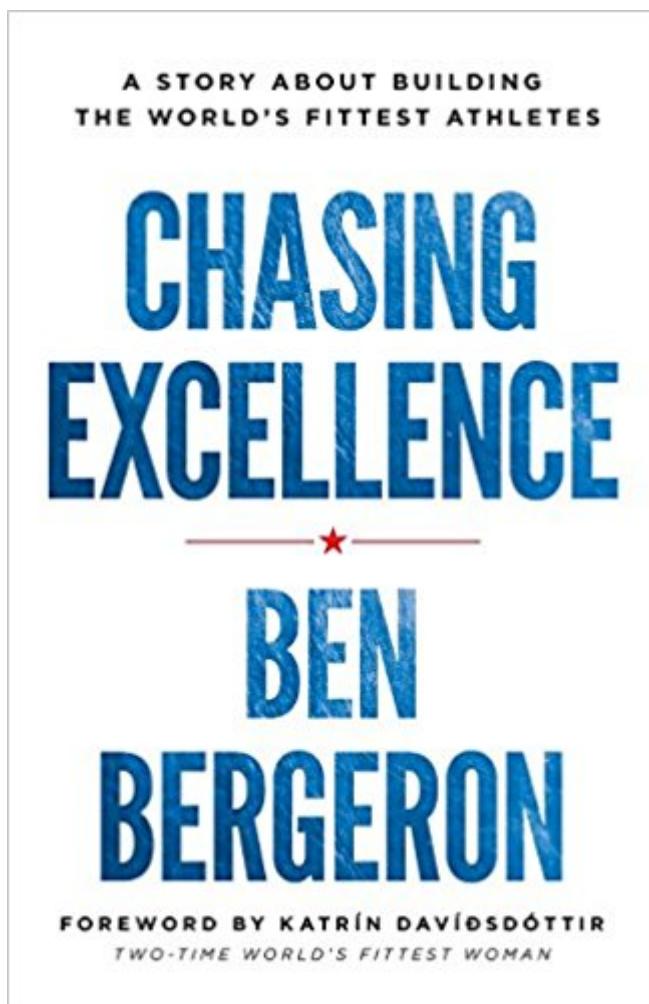


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# Chasing Excellence: A Story About Building The World's Fittest Athletes



## Synopsis

CrossFit trainer Ben Bergeron has helped build the world's fittest athletes, but he's not like other coaches. He believes that greatness is not for the elite few; that winning is a result, not a goal; and that character, not talent, is what makes a true champion. His powerful philosophy can help anyone excel at all aspects of life. Using the dramatic competition between the top contenders at the 2016 Reebok CrossFit Games® as a background, Ben explores the step-by-step process of achieving excellence and the unique set of positive character traits necessary for leveling up to world-class. The mindset and methodology that have produced some of the greatest athletes in the world's most gruelling sport can work equally well for golfers, lawyers, artists, entrepreneurs--anyone who's willing to commit totally to becoming better than the best. By Chasing Excellence, you'll discover how extraordinary it's possible for you to be.

## Book Information

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## Customer Reviews

"Ben's ability to develop mental toughness and the approach he shares in Chasing Excellence is a game changer for athletes in any sport."- Javier Vazquez, Major League Baseball All-Star® "You need to know absolutely nothing about CrossFit to appreciate the wisdom and incisiveness of Chasing Excellence. Ben Bergeron has written a must-have handbook on how to take your mental toughness, career, relationships and your life to the next level."- Chris Hinshaw, Professional Triathlete, winner of Ironman Brazil and Creator of AerobicCapacity.com® "This book will do for you what Ben has done for me--take you to the next level and show you how to be the best. His insights on the mental game are second to none. You will feel prepared for anything."- Bethany Hart-Gerry, US Olympic Bobsled Team

Ben Bergeron has been coaching athletics since 1990, and coaching elite CrossFit Games® athletes since 2009. As the owner of CrossFit New England, his sole professional focus is pursuing a standard of competitive excellence in training. A former competitor himself, he has coached five different CrossFit Games® champions and currently coaches top CrossFit athletes Katrín Davíðsdóttir, Mat Fraser, Cole Sager, and Brooke Wells. His other great loves are his wife, Heather, and his children. --This text refers to the Hardcover edition.

I got this book as part of the KindleUnlimited program, but was planning on buying the hardcopy when it was released. I'm not planning on doing that after all. First, this is a good book that could have been great! It's a book that includes a little insight with a lot of behind the scene stories. It's about building champions, but really it's mostly focused on Katrin Davíðsdóttir. What could have been a book with the same impact and longevity of "How to Win Friends and Influence People" it instead falls short to a one and done read book. I follow Ben's podcast and am a member of the Comptrain Masters program that Harry Palley & he have created. I believe he has a lot of really great insights there and unfortunately the majority of them never really make it on the pages of this book. The Good: 1. If you love behind the scene stories and insights from those on the competitive floor and you didn't follow the CrossFit Games or any of CrossFit's "Behind the scenes" coverage then you might not know many of these stories. If you have, then there will be no new insights or stories. 2. The book is written in a user friend and non-academic way, so you can draw some inspiration for the stories and small bits of encouragements. 3. There is a lot of opportunity for Ben to write a second book going into more detail with sample training plans, worksheets, and mental training that he has Mat, Katrin and Cole (Sager) go through. Perhaps Ben will write a second book with these insights and details, but they're not there in this edition. The Not So Good: 1. The title leads one to believe you'll find ways to "Chase Excellence" using specific details on "Commitment", "Grit", "Positivity", "Confidence", "Maximizing Minutes", "The Process" and more. Unfortunately, as I mentioned above this book is more about sharing the story of how Katrin went from sixth place to back-to-back champion, but without sharing the details of how she did. As alluded to at the end is a line where Ben shares how Mat, Katrin and Cole tell him not to "give away the playbook", but that's what the title and chapters allude to. We don't get much more than some general quotes and a whole lot of back story. This is a plus, if this is how the book is outlined and titled from the beginning, but the subtitle should be "The Behind the Scenes of Mat & Katrin's Fittest Man & Woman Titles" instead. 2. One shouldn't expect a secret or strategy that's never been heard of

before. It's true that some knowledge, humility and hard work are the secret to success. That said, there is nothing here that prepares one to chase excellence that you can't get from "The Obstacle is the Way", "Ego is the Enemy", "Mastery" or other books.<sup>3</sup> The book ends very quickly with an epilogue when the Games are over, as if there was a publishing deadline. It would have been great to incorporate some of the books, course, worksheet or other items here, if it's not going to be part of the chapters. Further, a workbook of sorts would be fantastic to provide the same.<sup>4</sup> There is no "Reading List" or suggestions for other book that "Chasing Excellence" could use. I love Ben Bergeron's programming and podcast insights. I think this book was the antithesis of the title and was not his best efforts. The good news in publishing is that you can create a second edition and include these items. Further, the book should be the catalyst for an online video training course for implementing these habits. Buy this if you want to read again of Katrin mostly and some of Mat trying to win the Games. Save your money and buy "The Obstacle is the Way" if you want practical insights in living many of the principles briefly discussed in "Chasing Excellence"

If there's one thing I've learned in my trek toward a more healthy life, it's that consistency pays off. But this book is about more than just showing up. This is a roadmap toward excellence. A whole other level above achieving competence. Seeing what it takes to help build the minds of the fittest athletes on Earth is an insight into the mindset necessary to achieve greatness. Like everything in life, it takes dedication, perseverance, and a commitment to the stoic approach of completing the process. This book is a great introduction to how that's accomplished.

While the book tells the story of 2 of his athletes & their journey to CrossFit greatness, it more so tells anybody how to quit making excuses, quit living in the past, dwelling on what you perceive as failures, & live every day for that day, give it maximum effort with integrity! I found his points very encouraging & they are already helping me in my everyday life, as well as my workouts.

If you follow CrossFit, it is a great motivational book that uses the sport to illustrate how to become better at pursuing your goals. If you do not follow Crossfit, it uses sports analogies to illustrate the principles that will help you improve in your field there are many times where other references are made outside of the sport to better explain a principle. I loved this book. It was very motivational and inspiring. It helped me change my outlook and attitude.

An easy read, following the 2016 CrossFit Games. Yet most of the ideas behind this book are

already told by many other authors (Ryan Holiday as an example), so it feels a bit "reused". Must say that Ben's podcasts are amazing and are far more deep and mind opening than this book.

Love this book. If you're an athlete good. If you're not an athlete even better. It's about excellence in life.

If you are looking for a framework to improve your own or your athletes' performance, this book is not the framework you are looking for. This book is not a guide. This book is a 190 page documentary of the 2016 CF Games, with maybe 10 pages worth of content spread throughout the book. It is not about how to become a champion, but what are the elements that make a champion, according to Bergeron.

of course it's an amazing book it's by Ben Bergeron. I've read once and I'm going to read it again. Some days I even skip through the chapters for some of my favorite parts. Short book but it's definitely worth the read.

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