

## BUSINESS BOOK REVIEW

# Extreme You: Step Up. Stand Out. Kick Ass. Repeat

By Sarah Robb O'Hagan with Greg Lichtenberg

As a young child, Sarah Robb O'Hagan knew she was destined to be a champion. She was a dreamer who continuously searched for that magical calling that would make her a superstar. But unfortunately, after trying her hand at sports, music and theater, she came to the realization that her personal spotlight might prove to be rather elusive. Unwilling to settle for the mediocre, O'Hagan learned, through a series of dramatic successes and pivotal failures, that she had to create and lead her personal path to success.

Extreme You chronicles the author's way up the corporate ladder to become an executive at Virgin Atlantic, Nike, Gatorade and Equinox. Through personal stories and honest reflection, O'Hagan provides the reader with the inspiration to make the most of his or her unique talents. Rather than conform to accepted norms, Extreme You celebrates bringing all that is distinctive and relevant about "you" to everything you do – even if common sense dictates that this is out of line with convention.

Sometimes surprising, somewhat addictive, Extreme You is relatable, funny and inspiring. If you find yourself wanting more but struggling to find that intangible success, Extreme You is one of the better books in the motivational self-help niche.

Should you be searching for the life extraordinary; if your entrepreneurial dream is to step up, stand out and kick ass, then read this book, buckle your seat belt and join Sarah Robb for more at: [bit.ly/2qZm5Fi](http://bit.ly/2qZm5Fi). Life will never look the same.



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