



ENERGIZING
THE BUSINESS ATHLETE™

NUGGETS OF TRUTH

INSIGHTS ON LIVING LIKE A
BUSINESS ATHLETE

Mark Guilbert



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“Conviction is worthless unless it is converted into conduct.

- Thomas Carlyle



Business Athletes understand that to manage
or lead others effectively they must first master themselves.



A Business Athlete nurtures their physical, mental, and emotional wellbeing while inspiring a sense of trust, respect, and places core principles above personal gain, power, and greed.

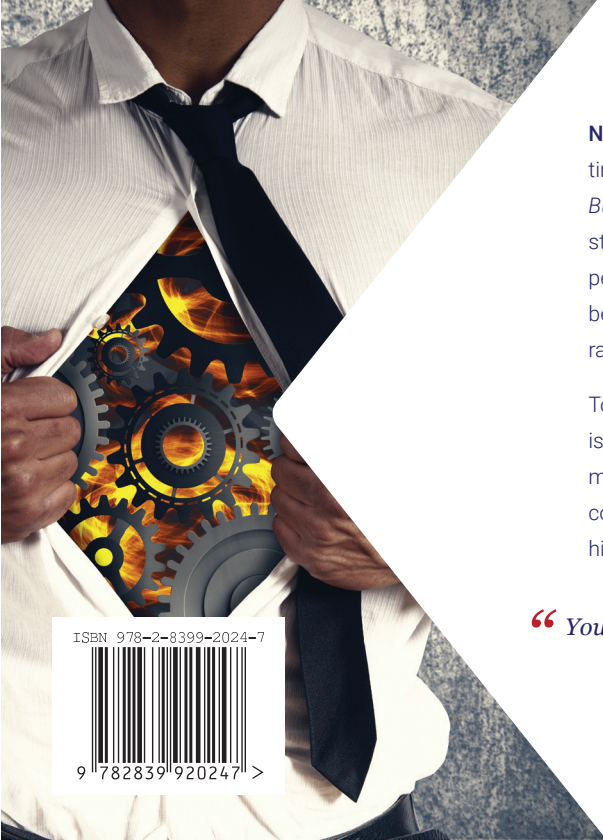


Our undisciplined addiction to speed and instant gratification has resulted in unnecessary emotional reactivity, mental overload, and physical breakdown.



“ Exercise is king...nutrition is queen...put them together
and you've got a kingdom.

- Jack Lalanne



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Nuggets of Truth is a compilation of quotes and time-tested nuggets taken from the *Energizing the Business Athlete™* Program. EBA™ challenges the status quo with a “less is more” approach for those people seeking simplicity. As a consequence, it’s not been designed to tell you what you want to hear, but rather what you need to hear!

Today, one of the greatest challenges facing mankind is whether or not he has the moral courage, and—more importantly—the common sense to regain control of this “*faster is better*” myth that threatens his own existence!

“Your message is one of the most relevant to busy executives that I’ve ever heard!

- Miles Hilton-Barber, Blind Adventurer
and International Motivational Speaker