

“If you want to be the best you can be and find practical ways of improving yourself then this book will take you through some easy-to-follow steps and ideas to make the most out of the opportunities you have.”

*Dame Sarah Storey, 11-times Paralympic Gold medallist*

“*How To Win* is fun to read, strong on evidence and full of useful techniques – an ideal book for those wanting to get into 1st place.”

*Dr. Sebastian Bailey, Co-Founder and President, Mind Gym*

“We all want to be winners in life, but to win ethically and well would be the ideal. As with his previous books, Rob’s advice is practical, to the point and above all effective. Another must read – and must do!”

*Julian Ranger, Founder and Chairman, SocialSafe*

“This book is a winner in every respect. Evidence-based advice in a well-constructed, highly-readable and easily-recalled format. What’s stopping you being a winner? Perhaps it’s the fact you’ve yet to read Rob Yeung’s excellent book.”

*Robert Kelsey, Author of What’s Stopping You? and What’s Stopping You Being More Confident?*

“*How to Win* provides practical information to people on getting ahead in their career, the soft skills necessary to be successful at work, from networking to being more assertive to using political skills. This is a must-read for anyone wanting to succeed in their jobs and careers.”

*Professor Cary L. Cooper, CBE, Distinguished Professor of Organizational Psychology and Health at Lancaster University Management School*

“Inspirational but with practical tips – a must-read whether you’re starting out or an experienced professional.”

*Carol-Ann White, Global Human Resources Director, branding consultancy FITCH*

“*How to Win* is a great blend of compassion and practical experience. Dr Rob Yeung provides simple and logical steps to making a difference and wraps each one in stories and examples that speak to everyone. This book will make you rethink your approach to every situation and applying the ideas will change your life and performance at work in a very positive way. Highly recommended.”

*Gary White, Chief Executive, sales technology company White Springs*

“We would all like to win a bit more often and Dr Rob’s book helps you do just that. The more you read this book, the greater the likelihood that you’ll win.”

*Marc Woods, 12-times Paralympic medallist, winner of 21 medals from European and World Championships and bestselling author of Personal Best*