

BOOK RELEASE DATE: DECEMBER 7th, 2017

For Media Details Please Contact:

Nicole Bell | nicole@answerthebell.net | (865) 250-4560 |

VIST HERE for Book & Author Photos, Author bio, and Review copies.

ISBN: 978-0-9899184

NO ONE Gets There ALONE

We cannot help out others without helping out ourselves as well.

Indianapolis, Indiana: “*Would you stop to help someone else?*” This was a question the author constantly asked himself after becoming stranded in a ½ Ironman. Only after two fellow competitors, complete strangers, helped him was he able to finish the race. But, you will keep pondering this question as well after reading this book.

Jesse Itzler, Author and owner of Atlanta Hawks, provided a testimonial stating, “*Life is NOT a Race, it's a journey. It's a constant test of “you vs. you” and it matters who you help along the way. Rob gets it.*” Sport Psychology coach, Dr. Rob Bell’s sixth book on Mental Toughness, focuses on the theme of A Better You Makes A Better Us and A Better Us Makes A Better You.

Zig Ziglar once stated, “*If we help enough people reach their goals, then we will reach ours.*” **NO ONE gets There ALONE** elaborates by explaining that we improve our own mindset in life, when we help others with their mindset. The simplest way to build mental toughness in ourselves is to focus on building up others.

The book focuses on helping leaders and executives by illustrating how we have no idea the impact of our actions, but if we take no action, there will be no results.

After reading, you will apply how-to:

- Develop an athlete’s mindset for everyday life.
- Prepare for your “Hinge moment.”
- Apply the successful positive to negative interaction ratio in life.
- Change the way you feel about somebody by changing the way you treat them.
- Just keep moving to overcome adversity.

About Dr. Rob Bell:

Rob Bell is a noted Sport Psychology coach based in Indianapolis. He has consulted with Indy Eleven, University of Notre Dame, Marriott, and Walgreens. He has worked with winners on the PGA & ATP Tours and is an author of six books on Mental Toughness including the best seller: Don’t “Should” On Your Kids: Build Their Mental Toughness.
www.drrobbell.com

###