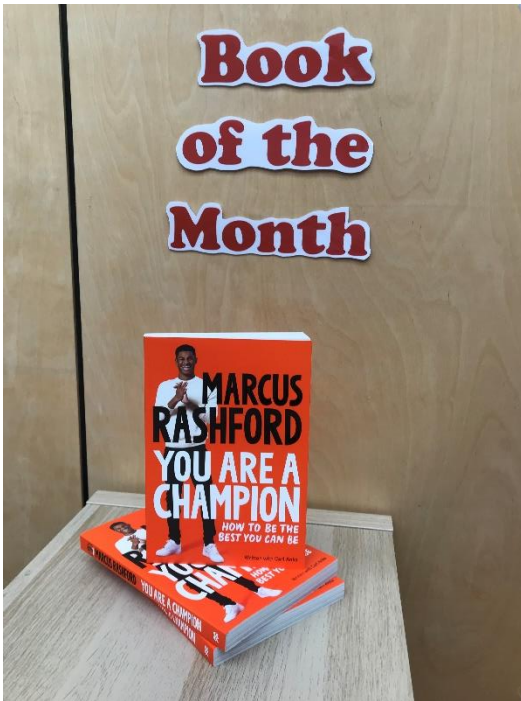


# Tales From the Reading Hub

## Book of The Month



Borrow a copy from the Reading Hub.

When you have finished it, why not write a book review to let other readers know what you thought.

See Miss Hughes for more details.

Tear up the rule book. Find your own lane. You are only in competition with yourself.

Marcus Rashford MBE is recognised worldwide for his journey both on and-off the pitch – but how did a boy from the South of Manchester become not only an International footballer but also one of the leading activist voices in the UK? In this inspiring, positive and practical guide, Marcus gives YOU the tools you need to reach your full potential and will show you that your possibilities really can be endless.

In *You Are a Champion: Unlock Your Potential, Find Your Voice and Be the BEST You Can Be*, Marcus Rashford MBE draws on stories from his own life to show you that success is all about the mindset. You'll find out how positive thinking can change your life, build mental resilience, learn how to navigate adversity and discover the unstoppable power of your own voice. You already have the tools you need to achieve your dreams; you just might not know it yet.

Full of practical advice and engaging illustrations and infographics, this is the empowering and life changing first children's book from Marcus Rashford MBE, written in collaboration with journalist Carl Anka and featuring top tips from performance psychologist Katie Warriner.