



## Slaying the Dragon

*Michael Johnson*

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# **Slaying the Dragon**

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MICHAEL JOHNSON SLAYING THE DRAGON FIRST EDITION STATED SIGNED ON SPECIAL PLATE ATTACHED TO BOOK, NOT AN UNATTACHED AUTOGRAPH. HARDCOVER WITH DUST JACKET BOTH LIKE NEW, UN READ, LIGHTLY TOUCHED, VERY CLEAN.

## **Slaying the Dragon Details**

Date : Published November 1st 1996 by HarperCollins Publishers (first published January 1st 1996)

ISBN : 9780060392185

Author : Michael Johnson

Format : Hardcover

Genre : Biography, Sports and Games, Sports, Autobiography

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## **From Reader Review Slaying the Dragon for online ebook**

### **Steve says**

A generic self help book, with tons of photos for filler. If you've ever read a self help book, you don't need to read this.

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### **Pierre says**

While Michael Johnson may no longer be in the limelight with his amazing record-smashing victories at the Olympics this book offers a nice mix of his personal story and challenges he overcame to be the fastest man alive. There are also some excellent goal-setting tips that I found were

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### **Austin Benton says**

This book was very good! Awesome book for any track athlete to read. I loved reading this book. I actually learned a lot of useful things. I would recommend this book for just about anyone. My favorite part of the book is at the end of each chapter there is a review of the chapter and tips for success. I enjoyed reading the book because it wasn't challenging and it was a nice holiday read.

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### **Tosin says**

This book is a good read for anyone that enjoys athletics or bettering themselves as a person. I really enjoyed this book being a track and field athlete myself, running in the same events. Reading this book by Olympic gold medalist Michael Johnson has given me a different outlook on the way I train and think. In this book he explains how making very specific goals help you reach your ultimate goal much faster and how you should be mentally prepared for failure, although you shouldn't expect failure. You should deal from that failure. He also express how being well grounded is essential in success, you can't let success consume you. Overall it was a very good read.

Slaying the Dragon

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### **Daryl says**

Hard To Find. Not your ordinary biography. It is also a self-help book. Very inspiring. Definitely worth the read.

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### **Robert Roslauski says**

Changed my perspective on setting realistic goals for my self.

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### **Ilke says**

Very honest and open autobiography from Michael Johnson. He cuts to the chase and say it as it is. Also, unlike many other biographies of the athletes, Micheal Johnson included more and he dressed the book as a kind of "self help" book. It is quite inspirational if that is your cup of tea.

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### **Barb Slatter says**

One of the best books I have read!

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### **Joe says**

Many people, including my brother, only read educational or motivational books that move them toward personal and career goals. As I read *Slaying the Dragon*, I got it. I'd like to stay in that zone! You can't read about Michael Johnson's dedication and the mindset that won two Gold Medals and a world record in the 1996 Olympics without applying it to your own life. And that is because Johnson constantly reminds the reader to apply it to our professional, academic and family life. This is part autobiography with pictorial memoir but all inspirational and written to motivate the reader. 1996 was a while ago now, but the effect of this book is timeless. I highly recommend it!

I lost track of this book before I finished it. It must have gotten packed in a move back about 1999. I recently uncovered it and found the bookmark in Chapter 8. So I finished it last night and want to start back at the beginning.

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### **Lukas says**

A great read for anyone who enjoys athletic biographies. Throughout the book Michael Johnson(a successful gold medalist sprinter)talks about how to overcome fear and how to fulfill your dreams. This book has influenced me and has changed the way i train, now, instead of going out with some friends and just kicking the ball around, I actually practice the things I'm not so good at and improve my weak game. I now ask myself this question after every training i do, "Have i just become a better soccer player?", that is the influence this book has had on me.

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### **Josh Ochs says**

An awesome book for any athlete that wants to set their goals and more clearly understand how to implement discipline in their life.

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### **Aaron Novy says**

What a great pump-you-up book! I thought it would be a more biographical/historical account of his 400/200 double gold. Turned into a great read on identifying goals and staying focused. Really enjoyed the book and the insight from MJ.

“Life is often compared to running a marathon, but I think it is more like being a sprinter; long stretches of hard work punctuated by brief moments in which we are given the opportunity to perform at our best.”

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### **B.C. says**

I don't like self help books. I don't really consider this a self help book. This was a book about an elite athlete and how he became an elite athlete. He was very honest about his situation. He didn't say that everyone can be what he is (if you don't have the genes, you don't have the genes). The principals directly related to me beginning my new life as a mud-runner.

This book was very short. It counts 230 pages, but it is typed in 18 font and has tons of full page pics. If you sat down and read it, it could be done in half a day.

I will be looking to purchase this book if i can get a good price.

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### **David West says**

I enjoyed this one

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### **Beverly Dowdell says**

Great lessons in mentally preparing for failure as well as success. Sometimes what happens in life is not fair - dealing with being unsuccessful and/or failure with a great attitude is essential to still go after the end result. While our plans of necessity are in sand - needs may require they change/adjust and the timing is a sliding scale but the ultimate dream/goal is set in concrete. The trappings/financial gain from success is not what ultimately defines us.

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