



Win The Day: Courage, Positive Thinking and The Warrior Spirit

Jose Semedo, Sam Kotadia

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Sheffield Wednesday's José Semedo, called 'Magic Semedo' by the fans, shares thought provoking insights inspired by his best friend Ronaldo and his recent work with sport psychologist Sam Kotadia. Learning to deal with personal setbacks, finding inner peace and calm, and unlocking the warrior mentality are part of the gold dust José has uncovered along his inspiring and continuing journey in football. The book weaves the positive influences his lifelong friendship continues to have on his game and life, together with his exploration of positive thinking with Sam Kotadia. Written not just to appeal to the sport enthusiast, Win the Day demonstrates that the day-to-day challenges the athlete faces are not just confined to the world of sport but have relevance to us all.

Win The Day is ideal for those who are interested in the Power of Positive thinking, Mindfulness, Self-Help, and insightful ways to improve performance.

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