

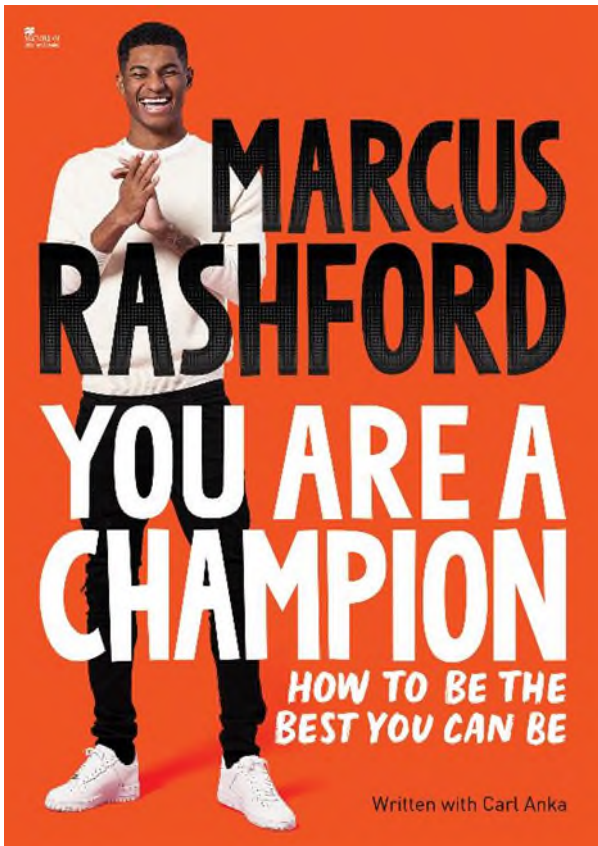
You Are A Champion:

Unlock Your Potential, Find Your Voice and Be the BEST You Can Be

Marcus Rashford

JULY 2021

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An inspiring, positive and practical guide for teens from Marcus Rashford MBE, footballer and child food poverty campaigner.
Tear up the rule book. Find your own lane. You are only in competition with yourself.

Marcus Rashford MBE is recognized worldwide for his journey both on-and-off the pitch - but how did a boy from south 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.

Written with journalist Carl Anka, You Are a Champion is the empowering and life changing first children's book from Marcus Rashford MBE. It is full of practical advice and engaging illustrations and infographics, including input from performance psychologist Katie Warriner.

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