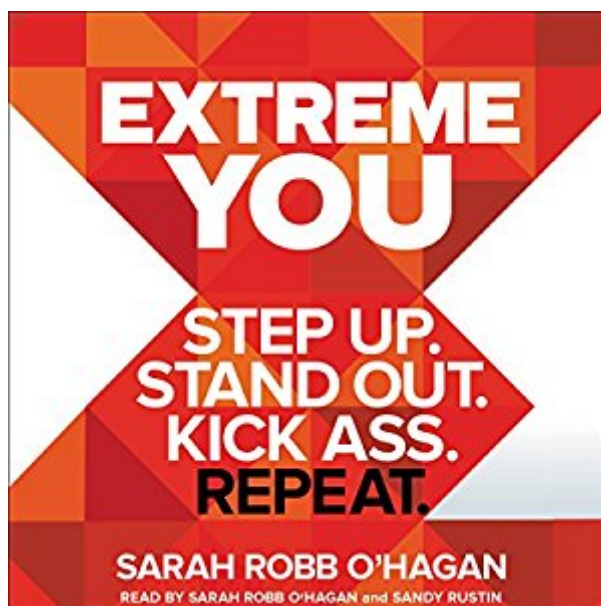


The book was found

# Extreme You: Step Up. Stand Out. Kick Ass. Repeat.



## Synopsis

The former president of Gatorade and Equinox draws unconventional insights and kickass lessons from her personal and professional experiences and from a band of highly accomplished "Extremers" from business, sports, and entertainment to help you rock your career and live the boldest version of yourself. From childhood, Sarah Robb O'Hagan felt destined to become a champion, but her early efforts at sports, in school, and in music made it clear she was no natural superstar. Unwilling to settle for average, she decided to go Extreme. From working with Richard Branson as a thriving Virgin Atlantic executive in her 20s to being fired and nearly deported a matter of months later, she learned through a series of surprising successes and epic fails that the extremes of her experiences were the engine of her success. Making her way up the corporate ladder to become an executive at Nike, global president of Gatorade, and president of the luxury fitness company Equinox - as well as a wife, a mother, and an endurance athlete - she took the opportunity to learn from her relationships with extremely successful athletes, entertainers, and business and political leaders, discovering that across a wide range of pursuits - from Olympic skier to disruptive entrepreneur, from White House chef to secretary of state - Extremers follow the same method to realize their potential. She learned to develop an almost magical inner drive, challenge by challenge, until she could outperform almost any competition; to embrace her interests, talents, and idiosyncrasies and present them as unique specialties; and to step up - and step out of line - without letting her ego blow up all her hard work. She learned how to grit her teeth in the face of embarrassing failures, get over her weaknesses, and relentlessly test herself to reach her next level of success. In every challenging situation, personal or professional, individuals face the pressure to conform to the accepted norms. But doing so comes with heavy costs: passions stifled, talents ignored, and opportunities squelched. The bolder choice is to embrace what Sarah calls Extreme You: to confidently bring all that is distinctive and relevant about yourself to everything you do. Inspiring, surprising, laugh-out-loud funny, and practical, Extreme You is her training program for becoming your best version of yourself.

## Book Information

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## Customer Reviews

Sarah Robb O'Hagan could not be more authentic in how she tells her story to success, but peppered with many admirable and honest failures. She makes it believable that everyone has a chance to be a bigger or "kick ass" version of ourselves and it's not a given or smooth path. Her reality and honesty is rare in a world where perfect seems all too common and simultaneously unreachable. Her story is combined with others - many well known and famous others - who have similar tales of where they have fallen down, not gotten the trophy and how they emerged. A great, inspiring read for anyone who wants to live large and create their own path to bigger.

There is much to love about this book. Judging by the title one might suspect that it is about extremes. It is actually about finding the very best version of yourself. It's easy to assume that successful women in business and life have some kind of EZPass. Sarah Robb O'Hagan did not. Her life was peppered with early losses and setbacks. Her drive, humility and humanity propelled her forward, zig zagging, through her early career. She tells heart stopping/career killing stories, including one of an all nighter drinking and dancing that had her sleeping through her first meeting with the the big boss the first day of her big new job. Hard to imagine how she pulls through, yet, she does. Her honesty, her "girlfriend next door" candor, and her uncompromising standards of excellence for herself and those around her, make her immensely likable. She makes this a great, inspiring, fast read. It's the perfect antidote to feeling like you can't break through, you will never recover from a firing, or you cannot have a version of "it all". Robb O'Hagan has a killer career, a committed husband in a good marriage and 3 kids. She doesn't ever claim it's easy.. but she shows it's possible.

One of the best books in how to step out of line and be the extreme version of yourself. I loved the humor. I'm gifting this book to a few people! I put Sarah and her knowledge of personal

development up there with Tony Robbins Jack Canfield and Napoleon Hill. Truly a book worthy of repeated reading.

Bought this book after seeing Sarah interviewed on CNBC. I thought it would be a great summer read for my 19 year old twin girls as they prepare for their junior year in college. To make sure it was a worthwhile book, I read it first. All I can say is that the book is motivating, fun to read, and I recommend for anyone wondering if they are an Extremers or looking to become one. Great book.

I saw a YouTube video of the author and got excited about the book for my college-age child who is struggling with what he wants "to be when he graduates." The book itself is so-so. There are some interesting anecdotes, but overall comes across as a lecture about sucking it up and going after what you want.

Such an awesome inspiring read! Success is not a straight line and reading Sarah's experience, is so refreshing. Her point of view, and the shared point of view of others mentioned in the book is one of inspiration and resiliency. Love love love. Highly recommended for anyone at any stage of their career!

SRO does a fantastic job of motivating you to not only bust your ass, but do what you love! She shares amazing stories of people following their passions and the growth people found from falling on their faces! Great read!

great read. good pal.

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