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FEATURES



Campbell-Brown reveals the secrets of her success

Two-time Olympic 200m champion Veronica Campbell-Brown has sought inspiration and strength through codes and phrases throughout her life. Now, the Jamaican sprint queen is happy to share her experiences in a new book. spikesmag.com found out more.

Understanding the mental make up of a champion remains an alluring obsession for both the media and the wider public. What marks out a multiple winning medallist from an also ran? A middle of the pack hopeful to a winner? It's a source of endless fascination.

Well, the **three-time Olympic champion Veronica Campbell-Brown has just written a book** entitled *A Better You, Inspirations for Life's Journey* which she believes offers a key insight into what makes her tick and also how it can help others.

Ignoring the temptation to pen a straight autobiographical account of her life Campbell-Brown insists, **"I wanted to help other people who struggle to find that extra drive in their life.**

"I realised I wanted to help other people maximise their potential in whatever they do. So why not try to use the talent that God has given me to try and influence as many people as I can."

Born and raised in Trelawny, the same parish that triple Olympic champion Usain Bolt hails from, **Campbell-Brown has gained confidence from information written down in codes** and, since High School, she has been writing down key phrases in a little book.

She has also been writing little poems and sharing them with her manager's wife - a book, she insists, was the next logical step.

"It is basically there to help a lot of people and at times we all need extra strength to get along through life and I think it would be beneficial to share this information with the world," she explains.

"A lot of poems make you stop and think. There's one poem that talks about life and it's imperfections a lot of people will read it and see some of the things in that. **The book is for anybody who needs extra strength to go for their goals** or to work on a little aim in their career," she explains.

"It is for anybody that needs a little inspiration, anybody that realises we are all on earth for a purpose."

Below are four quotes Veronica Campbell-Brown has picked out from the book:

These words are a result of how I lived my life to try to live my life. The attitude I possess has been very helpful thus far in my athletics career as well as in my personal life, being thankful, believing in dreams, learning from failures and maintaining a positive mind, has all helped mould me into the person I am today.

Blessings

You must show appreciation and give thanks whole-heartedly for what has been given to you. This behaviour will allow you to be flooded with additional showers of blessings.

Success Is Not a Given

Let each failed attempt furnish you with strength to move forward, don't ever be remorseful due to setbacks. Have faith in all you do, trust in your ability to obtain success.

Dreams Come Reality





As long as you have breath, as long as the sun shines, and the trees and the grass sustain life, no dreams are too huge to come alive.

The Power Of The Mind

The mental state of a man can be the maker and or the destroyer of his destiny. In simplicity, positive thoughts will transcend into positive outcomes, whereas negative thoughts will result into negative outcomes. Therefore it is safe to say that a man has the ability to influence his own destiny through the way he thinks.

To find out more [click here](#).

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