



Be Your Best

Geoff Huegill

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Be Your Best Geoff Huegill

The inside story of Geoff Huegill's inspiring comeback. Find out how you too can Be Your Best!

Be Your Best is the inside story of the greatest comeback in Australian sporting history - and what it can mean for you. In his own words Geoff Huegill tells the story of his life, from world champion and world record holder, to the depths of despair and depression during his retirement. In *Be Your Best* we follow Geoff on his inspirational comeback, a story that truly captured a nations imagination. We learn what it took for Geoff to lose 42kg, and transform himself from lost soul to national hero. In *Be Your Best* Geoff shares the philosophies behind this inspirational transformation, and explains how anyone can use these same principles to be their best!

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