it is a fact that every time you quit, you increase the likelihood that you will succeed in subsequent attempts

Hey this post could not be written any better reading this post reminds me of my old room mate he always kept chatting about this

If parents or coaches notice both a sharp increase in strength and erratic behavior in a young athlete, they should sit down with the athlete and calmly discuss the situation

but should remark on few general things, the website style is wonderful, the articles is really excellent : d

But have any of you even reached out to others different from you? or made friends, etc? that is where real empathy and morality begin.