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

*Sarah Robb O'Hagan*

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**Sarah Robb O'Hagan : Extreme You: Step Up. Stand Out. Kick Ass. Repeat.** before purchasing it in order to gage whether or not it would be worth my time, and all praised Extreme You: Step Up. Stand Out. Kick Ass. Repeat.:

7 of 7 people found the following review helpful. Honest, real, inspiring and funny - a great read to get in kick ass mental shape. By Jocelyn Morneau 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. 4 of 4 people found the following review helpful. Inspiring read ,great tone, real leadership tips from a woman you want to be your best girlfriend  
By Sunny B  
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 EZ Pass. 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. 3 of 3 people found the following review helpful. One of the best books on career kicking-ass!!!  
By Keith Brodhead Jr.  
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.

As a child, Sarah Robb O'Hagan dreamed she could be a champion. Her early efforts failed to reveal a natural superstar, but she refused to settle for average. Through dramatic successes and epic fails, she studied how extraordinary people in sports, entertainment and business set and achieve extremely personal goals. Sarah became an executive at Virgin Atlantic and Nike, and despite being fired twice in her twenties, she went on to become the global president of Gatorade and of Equinox; as well as a wife, mother, and endurance athlete. In every challenging situation, personal or professional, individuals face the pressure to play it safe and 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, and practical, Extreme You is her training program for becoming the best version of yourself.

Sarah doesn't just sit at the table-she stands on it. She's full of inspiring advice about how to bounce back from failures, speak your truth, embrace your quirks, and have a lot more fun along the way. (Sheryl Sandberg, Facebook COO and founder of LeanIn.Org) Every once in awhile, you need someone standing by your shoulder, inspiring you, cheering you on, pushing you to go further. Sarah might be just the coach you're looking for. (Seth Godin, author of Linchpin) Extreme You is a wildly entertaining read that manages to impart a host of valuable lessons along the way. Sarah Robb O'Hagan's personality jumps off the page, bringing you into her life as she teaches you how to improve yours. Sign me up as an Extremers! (Anne Marie Slaughter, author of Unfinished Business, CEO of New America) My favorite thing about Sarah is that she's normal. She's one of us. She has good days and bad days. She has self-doubt. She proves to us that if she can do it, so can the rest of us. (Simon Sinek, author of Start with Why) Sarah Robb O'Hagan proves that fortune doesn't favor the wallflower. She hit the big leagues of corporate America with hunger and hard work and will show you how you can do it too. (Sophia Amoruso, author of #GirlBoss) Sarah Robb O'Hagan draws on her own life experiences and those of other Extremers to show you how you can find success by becoming your best you. There's no one else who can develop the potential greatness that lies inside you. But, as she explains, moderation won't cut it. The key is to go extreme! (Daniel H. Pink, author of To Sell is Human and Drive) Everywhere we turn these days, we are offered instant gratification, but that's not what brings out the greatness inside. To be our best, we need the commitment and the courage Sarah Robb O'Hagan shows us how to tap in Extreme You. (Billie Jean King, Social Justice Pioneer and 2009 recipient of the Presidential Medal of Freedom) We've seen Sarah dazzle audiences with her extreme creativity, candor, and zest. I'm thrilled that at long last, those rare and infectious qualities are available in writing. She's a badass of the highest order and her book is full of bold ideas to energize you to become one too. (Adam Grant, New York Times bestselling author of Give and Take and Originals )  
From the Back Cover  
As a child, Sarah Robb O'Hagan felt destined to become a champion, but her early efforts at sports, in school, and in music failed to reveal a natural superstar. Unwilling to settle for average, she learned through a series of dramatic successes and epic failures to follow her own extremely personal path to success. Sarah climbed the corporate ladder at Virgin Atlantic, Nike, Gatorade, and Equinox; also becoming a wife, mother, and endurance athlete; and though in her twenties she was fired twice, in her thirties she led the turnaround of a \$5 billion Gatorade sports drink business. Her approach has stemmed from personal experience and inspiration from the band of highly accomplished Extremers she met along the way: entrepreneurs, corporate leaders, TV personalities, an

Olympic champion downhill skier, a former secretary of state, and even a world-famous tattoo artist. These Extremers helped her recognize that success doesn't come from conforming, hiding weaknesses, or reaching some preplanned destination. Instead, the Extreme You approach is to continuously develop yourself—warts and all—to the max, and to tap your true potential and find your own greatness. In every challenging situation, personal or professional, we feel pressure to conform to accepted norms. But doing so comes with heavy costs: passions stifled, talents ignored, and opportunities squelched. The bolder choice is to embrace Extreme You: to bring all that is distinctive and relevant about yourself to everything you do, and to bring out the Extreme in the people and the culture around you. Inspiring, practical, and laugh-out-loud funny, Extreme You is Sarah's training program for developing the drive, originality, and fierce attitude to become the best version of you.

**About the Author** Sarah Robb O'Hagan is the founder of Extreme You, a movement focused on unleashing high performance. She is a widely recognized business innovator having led the reinvention and turnaround of Gatorade as its global president, and most recently as president of Equinox Fitness transforming the gym business to a lifestyle brand through technology. She has also held leadership positions at Nike and Virgin Atlantic Airways. She is sought after for her expertise in innovation and brand reinvention, health and fitness, and inspiring human performance. Sarah and her family live in New York.

Sandy Rustin is an actress and playwright. Her sketch comedy musical about parenthood, *Rated P (For Parenthood)*, opened to critical acclaim off Broadway at the Westside Theatre in 2012; her one-act comedy, *Fireworks*, recently won the seventh annual Northeastern Playwriting competition; and her newest full length play, *The Cottage*, was selected as part of Midtown Direct Rep's 2013 Theatre in the Loft Reading Series. A graduate of Northwestern University, she currently lives in New York City.