

## **Blow Up Your Boat!**

It has been said that Napoleon Bonaparte, a great French leader who once tried to take over the world, was so afraid of failure that he would go to great lengths to succeed. When Napoleon's ships would arrive on the shore of his enemies' land, he would order his generals to blow them up! That left no way for the soldiers in his army to retreat or get back home unless victory was theirs.

Addict to Athlete is a program that endorses this mentality; let us leave no room for failure! No safety nets of comfort that will lead us back to our old lives. Ask yourself: "Am I blowing up my boat? Or leaving my self away to get to my addiction?"