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**Best Selling Author, Inspirational Speaker and Personal Mastery Coach
R.J. Hodges Releases First Book in Personal Mastery Series
*You Can't Practice at the Game, the Art of Mastering You Volume One***

FOR IMMEDIATE RELEASE

Atlanta, Georgia, March 2, 2015 – *You Can't Practice at the Game* is the first volume in the *Art of Mastering You* series from bestselling author R.J. Hodges. On the heels of a co-author collaboration in Les Brown and George Fraser's best selling book *Mission Unstoppable*, Hodges latest book presents a strategic thinking and action plan for those who wish to apply the principles of personal mastery to attain greater success in their lives.

"A strategizing mind doesn't merely adopt principles in their basic format, but a carefully cultivated intellect knows how to properly manipulate the principle to cater to specific needs," says R.J. Hodges.

Inspired by the challenges and progress experienced by his clients as a personal mastery coach, Hodges writes for those struggling with the hindrances that are encountered on the path to success. *You Can't Practice at the Game* offers readers an opportunity to evaluate the habits blocking their dreams and challenges them to develop strategic actions that will drive them toward their goals.

George C. Fraser, Author of *Success Runs in Our Race & Mission Unstoppable* says, *"All those charged with the responsibility of leading, succeeding and not just surviving will learn valuable lessons as they internalize and act on what has been laid out in this book."*

R.J. Hodges is a professional speaker, certified life coach, Reiki practitioner, and President of Born II Win, an inspirational speaking and Empowerment Company based in Atlanta and the United Kingdom. In addition to co-authoring *Mission Unstoppable: Extraordinary Stories of Failure's Blessings*, with Les Brown, George Fraser and 30 other exemplary leaders across the country, R.J. is the author of an audio book series called Winner Status. An Atlanta, GA native, R.J. has served his community in several ways. The most recent efforts include being a graduate of the Clayton County Chamber of Commerce Leadership class and a former board member of the Clayton County Grassroots Leadership organization. His company Born II Win has served hundreds of students, professionals, and business leaders in the Atlanta area.

RJ Hodges' book *You Can't Practice at the Game, the Art of Mastering You Volume One* can be purchased on www.RJHodgesSpeaks.com and on Amazon.com. Published by RJHodgesSpeaks, Atlanta, GA.