

When the Pressure s on: The Secret to Winning When You Can t Afford to Lose

By Louis S Csoka

BRILLIANCE AUDIO, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 132 mm. Language: English . Brand New. At the highest level of any pursuit, the difference between the two top performers in a contest is always mental. One holds it together while the other falls apart. The same is true in business. Whether you are confronting a crisis, making a pitch, negotiating a deal, or facing a deadline, your mindset can give you the edge. When the Pressure s On brings peak performance principles to the boardroom, revealing five core mental skills that enable professionals to excel while under duress: Goal Setting become mission-driven Adaptive Thinking replace negative thoughts with positive ones Stress/Energy Management keep your cool no matter what Attention Control maintain focus despite distractions Imagery see success before it happens. Together, the skills form the core of this complete brain-training program, packed with guidelines, examples, exercises, assessments, and the latest advances in biofeedback and neuroscience. By learning to harness the power of your mind, you ll achieve extraordinary results when it matters most.



Reviews

A must buy book if you need to adding benefit. It really is simplified but unexpected situations in the 50 percent of your book. Its been developed in an exceptionally straightforward way and it is merely soon after i finished reading through this pdf where in fact transformed me, modify the way i think.

I actually began looking over this pdf. This can be for all those who statte there was not a worthy of reading through. I am easily can get a enjoyment of reading through a written publication. -- Rafael Feeney Jr.

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The Mystery at Big Ben (Paperback)

Gallopade International, United States, 2005. Paperback. Book Condition: New. 188 x 132 mm. Language: English . Brand New Book. Mimi and Papa speed away to London, England in their little red and white airplane, The Mystery Girl. Tagging along are grandchildren Christina,...