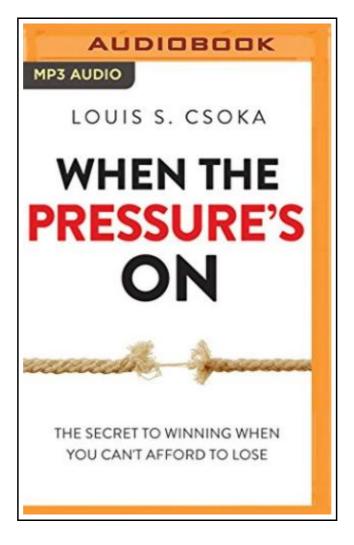
When the Pressure s on: The Secret to Winning When You Can t Afford to Lose



Filesize: 2.7 MB

Reviews

The most effective publication i at any time go through. This is certainly for all those who statte that there had not been a worthy of looking at. Its been printed in an extremely straightforward way which is merely soon after i finished reading this publication where basically changed me, change the way in my opinion.

(Madyson Rutherford)

WHEN THE PRESSURE S ON: THE SECRET TO WINNING WHEN YOU CAN T AFFORD TO LOSE



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.

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

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

See Also



Electronic Dreams: How 1980s Britain Learned to Love the Computer

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Remember the ZX Spectrum? Ever have a go at programming with its stretchy rubber...

Save ePub »



Bringing Elizabeth Home: A Journey of Faith and Hope

BRILLIANCE AUDIO, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 170 \times 133 mm. Language: English . Brand New. At 3:58 in the morning of June 5, 2002, Ed and Lois Smart awoke to the...

Save ePub »



A Connecticut Yankee in King Arthur's Court (Paperback)

Bantam Doubleday Dell Publishing Group Inc, United States, 1994. Paperback. Book Condition: New. Reissue. 170 x 104 mm. Language: English . Brand New Book. When A Connecticut Yankee in King Arthur's Court was published...

Save ePub »



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Ice City (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 170 x 145 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It...

Save ePub »



Odd, Weird Little (Paperback)

Egmont USA, United States, 2015. Paperback. Book Condition: New. Reprint. 190 x 132 mm. Language: English . Brand New Book. New in paperback! * At last: a humorous, useful and pedantry-free book about bullying! --...

Save ePub »