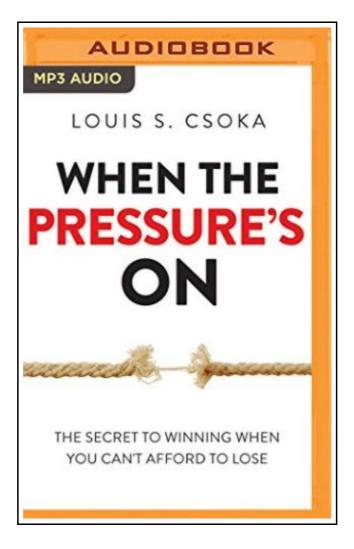
When the Pressure s on: The Secret to Winning When You Can t Afford to Lose



Filesize: 7.25 MB

Reviews

Certainly, this is the finest job by any publisher. I was able to comprehended almost everything out of this published e ebook. You wont truly feel monotony at at any moment of the time (that's what catalogues are for concerning should you question me).

(Graciela Emard)

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

You May Also Like



13 Things Rich People Won t Tell You: 325+ Tried-And-True Secrets to Building Your Fortune No Matter What Your Salary (Hardback)

Reader s Digest Association, United States, 2013. Hardback. Book Condition: New. 231 \times 160 mm. Language: English . Brand New Book. Did you read about the janitor who donated million dollars to his local...

Save ePub »



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

Save ePub »



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

Save ePub »



Claus Kids Super Sticker Book: A Year-Round Christmas Celebration (Dover Sticker Books) (English and English Edition)

Dover Publications. Book Condition: New. Paperback. Pristine, Unread, Gift Quality. Stored in sealed plastic protection. No pricing stickers. No remainder mark. No previous owner's markings. In the event of a problem we guarantee full refund....

Save ePub »



Next 25 Years, The: The New Supreme Court and What It Means for Americans

SEVEN STORIES PRESS, 2008. Paperback. Book Condition: New. A new, unread, unused book in perfect condition with no missing or damaged pages. Shipped from UK. Orders will be dispatched within 48 hours of receiving your...

Save ePub »