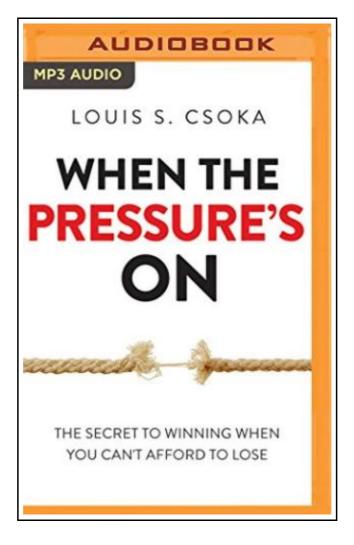
# When the Pressure s on: The Secret to Winning When You Can t Afford to Lose



Filesize: 5.73 MB

### Reviews

I actually started out reading this article ebook. This is for those who statte that there had not been a worth reading. Its been developed in an extremely easy way and it is just after i finished reading this book in which in fact modified me, change the way i really believe.

(Antonetta Ritchie IV)

# 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

### Other eBooks



#### 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...

Download PDF »



#### 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...

Download PDF »



#### 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...

Download PDF »



# 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  $\times$  145 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It...

Download PDF »



## 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! --...

Download PDF »