



Mental Toughness for Peak Performance (Paperback)

By J Barnes

Personal Potential Books, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.What essential quality do all winners, champions, and high achievers possess? Simple. They possess the characteristic responsible for making talent and training applicable for real-world results--mental toughness. Regardless of your activity, position, or skill level, you cannot achieve peak performance unless you have complete and consistent control of your mind. Mental toughness is often the sole difference between winning and losing in sports, business, and personal health. Based on proven methods of mental masters--such as Michael Jordan, Bruce Lee, Bill Gates, Henry Ford, Thomas Edison, Abraham Lincoln, and other champion athletes, world-renowned leaders, and highly successful business people--Mental Toughness for Peak Performance, Leadership Development, and Success provides specific instructions and exercises to increase mind power for competition, career advancement, and personal achievement. The Mental Toughness Loop method, detailed in this guide, is the most simple, innovative, and effective process for developing superior mental toughness. The Mental Toughness Loop method is designed to isolate, transform, maximize, and integrate the seven skills of mental toughness for peak performance--including motivation, willpower, self-discipline, focus, mental stamina, self-confidence, and mental strength. In addition to...



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