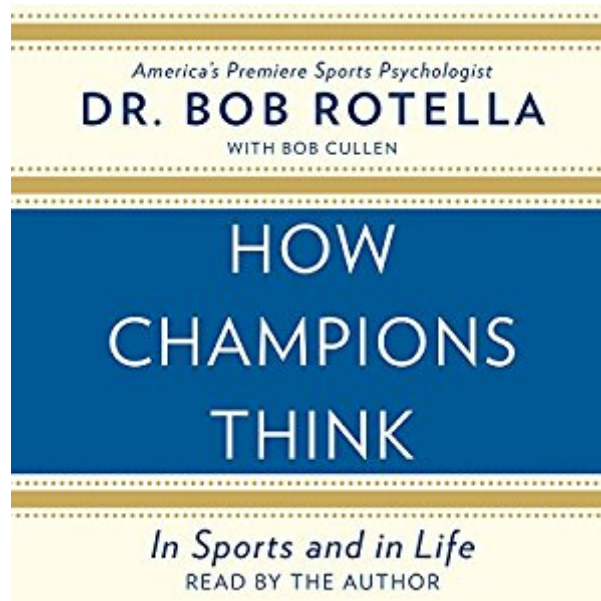




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How Champions Think: In Sports And In Life



Synopsis

From best-selling author Bob Rotella, America's preeminent sports psychologist, a groundbreaking guide to success in all aspects of life - not just sports - from business to relationships to personal challenges of every variety. Acclaimed sports psychologist Bob Rotella has advised everyone from professional golfers to NBA superstars to business executives on how to flourish under pressure and overcome challenges. Now, for the first time, he's distilled his decades of in-depth research and practical experience into a potential-unlocking guide for everyone. This exciting audiobook is not a collection of Rotella's theories; it consists of performance principles that have proven themselves in countless competitive situations, in arenas from which only the strongest minds emerge triumphant. It's a book full of insights that you can learn and use the next morning - in the office, the classroom, or wherever your quest takes you - told not in abstractions, but through case studies and stories drawn from Rotella's years teaching sports psychology, counseling athletes, and consulting for Fortune 500 companies. It explores how to keep the mind from holding you back, whatever your physical gifts or other talents. It's about how to make a commitment, how to persevere, how to deal with failure - and how to train your mind to create a self-image that promotes confidence and accomplishment. Any successful life starts with how you see yourself. And with these pearls of wisdom from the nation's preeminent sports psychologist, you can learn to achieve the success of your dreams.

Book Information

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Customer Reviews

Young athletes should read this book. Its primary story base is golf but the principals really do apply to any sport. Dr. Rosella has nailed it in this book. Get the mind set and let your natural abilities takeover.

Great book for anyone looking to push themselves to the next level. This book breaks down all aspects of your mind and gives the reader an excellent base of thinking like a winner.

Whether you are a golfer or not, this book has some great insight into the mindset of how to be successful. It really digs into how successful people stay focused and determined.

An inspirational book. I was encouraged about my work by reading this book.

If you have read one, you have read them all! I always enjoy the anecdotes.

I would recommend this book as it really breaks down how the mind works at its most basic levels. Outstanding

like the book and the important message is commitment no matter what the obstacle. good steps and outlines to make a person's life better. well written. thanks

Best book on sports and mindset I've ever read. Rotella clearly understands athletics first hand and it shows in his examples and writings.

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