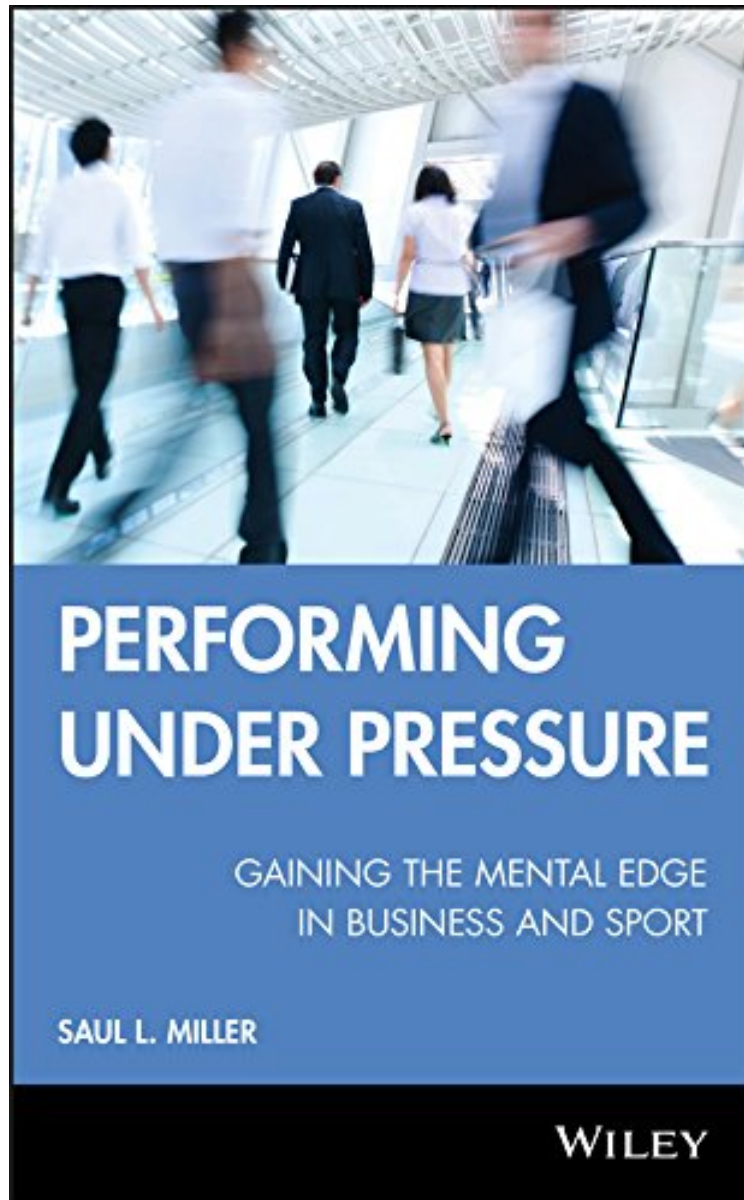


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Performing Under Pressure: Gaining the Mental Edge in Business and Sport

Saul L. Miller

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Some pressure keeps you focused, but too much pressure can cripple your performance. One of the world's top sports and business psychologists teaches you how to manage any and all kinds of pressure, and make it work for you. Praise for *Performing Under Pressure* "The game demands more than just talent. You need to be able to perform when it counts. Dr. Miller's book is an excellent guide for performing under pressure... a great read, I highly recommend." —Billy Beane, General Manager, Oakland A's "As someone who battled for 1000 games in the NHL and now operates a multimillion dollar business, I perform under pressure every day. Dr. Miller's advice is well worth reading. *Performing Under Pressure* is a practical book with proven techniques for sport, business and life." —Dave "Tiger" Williams, former NHL star and entrepreneur "To win in sport and business you have to perform under pressure. Dr. Miller's been there...and this book tells you how." —Alan Brahmst, corporate strategist, Olympian and World Cup coach "Dr. Miller has excellent advice to help everyone deal effectively with challenges and pressure in order to be the best they can. I believe that the ability to understand and manage pressure is a key life skill for everyone whether you are an elite athlete, CFO or dealing with life pressures." —Tom Webster, CFO, Envision Financial and First West

From the Inside Flap What the Man Who Teaches the World's Top Athletes Can Teach You About Overcoming Stress and Winning in Business and in Life. Pressure. It keeps us focused, drives athletes to Olympic greatness, businesspeople to produce record value in their companies and artists to the stellar heights of their craft. but too much pressure is unhealthy and counterproductive. It leads to sleeplessness, heart attacks and many other negative side effects. It can also make us seize up and lose our ease when we need it the most. World-renowned sports psychologist Saul Miller, who teaches elite athletes and top sports teams how to be successful, shares a wealth of practical tools and exercises that allow anyone, in any situation, to manage the pressure they feel, and to channel it into peak performance. Dr. Miller goes in-depth and teaches you: The difference between stress and pressure, and how to make them work for you How to use power thoughts and imagery to enhance your attitude and performance How to improve your baseline stress tolerance Techniques and exercises to control physical reactions to pressure How variations in personality and style affect the ways people experience and deal with pressure, and how this knowledge applies to you Training Notes that give you a clear 4-week plan for each of the major tools. This book is an essential toolbox for anyone who wants to ensure that when it comes time to face intense, high-pressure situations, you'll be prepared to succeed. About the Author DR. SAUL L. MILLER is a performance specialist consulting with super-achievers in world-class sport, business, healthcare, and the arts. One of North America's leading performance psychologists, he works in the areas of performance, productivity enhancement, team building, and helping people to be successful while dealing effectively with pressure, stress, and change. Over the past 25 years, Dr. Miller's corporate clients have included Cisco, Nike, Sony, Visa, Canada Life, IBM, Envision, Investors Group, Cominco, Labatts, Motorola, Manulife, Telus, and 24 Hour Fitness. In the world of sport, his clients have included the New York Mets; Seattle Mariners; Los Angeles Dodgers, Rams, Clippers, and Kings; Vancouver Canucks; Florida Panthers; Nashville Predators; St. Louis Blues; PGA Tour golfers; as well as professional teams in Europe, and Canadian and U.S. Olympians in over a dozen different sports. He is the author of six other books, including *Why Teams Win: 9 Keys to Success in Business, Sport and Beyond* (Wiley). For more information please visit www.saulmiller.com