



Pig Wrestling: Clean Your Thinking to Create the Change You Need (Paperback)

By Pete Lindsay

Maelhama, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Review A truly novel approach to solving many of life s problems from two experts in the field. This short fable presents a framework that covers significant concepts in a simple manner allowing the reader to apply them immediately. This enjoyable book could bring about profound change. (Professor Steve Peters, Author of The Chimp Paradox) Whether you are trying to win Olympic gold or manage the demands of being a busy Mum, we can all find ourselves wrestling with challenging situations. I ve been fascinated by psychology for a long time, and I found the novel ideas contained in this book quick to grasp and easy to apply. They ve certainly made a profound difference to the way I think in sport and in life. (Dame Jessica Ennis-Hill) Mark and Pete make performance psychology accessible and fascinating. This book explains some of their key insights in a truly memorable way. (Matthew Syed, Author of Black Box Thinking Bounce) After finishing as England captain in 2012, feeling worn down and exhausted by the demands of the job, I have often wondered...



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Reviews

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