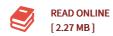




# Performance Intelligence at Work: The Five Essentials to Achieving the Mind of a Champion

By Julie Ness Bell

McGraw-Hill. Hardcover. Condition: New. 224 pages. Dimensions: 8.0in. x 5.1in. x 0.8in. Your mind is a powerful tool. You just need to learn how to master it. Thats where Performance Intelligence comes in. The ability to perform your best when it matters most is a skill anyone can learn. A well-known sports psychologist, Julie Ness Bell, Ph. D., has trained some of the worlds greatest athletes, from professional golfers and tennis stars to football teams and basketball pros. Shes learned that the athletes ability to perform under extreme stress is predominantly mentalnot physicaland the basic principles of peak performance are the same for everyone, whether youre a corporate leader, team player, or small business owner. Principle 1: Your mind is powerful. Principle 2: You control your mind. Principle 3: You have a choice in every situation. Think about it. Now think again. Thats the secret behind Performance Intelligence at Work, a proven method of unblocking the obstacles in your brain and unlocking The Mind of a Champion. Performance Intelligence works for athletes, and it will work for you, too. Throughout the book, Bell provides specific examples from her vast coaching experiences and relates them to the corporate playing field. Each...



#### Reviews

This is the greatest pdf i actually have go through right up until now. It is actually packed with knowledge and wisdom I found out this book from my dad and i advised this publication to find out.

-- Arely Rath

I actually started reading this pdf. It can be rally exciting throgh reading period of time. Your lifestyle span is going to be enhance as soon as you total reading this ebook.

-- Nya Bechtelar

### Other eBooks



#### Angels, Angels Everywhere

Bella Rosa Books. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.0in. x 4.8in. x 0.3in.Many people believe that everyone is assigned at least one guardian angel at birth. Some claim to have seen their guardian angel, often after or during a...



# Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



### DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured duck to the vet, it is just...



## DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...



### Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...



# Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...