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Choke: What the Secrets of the Brain Reveal about Getting It Right When You Have to

By Sian Beilock

Free Press. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 8.4in. x 5.5in. x 0.8in. Why do the smartest students often do poorly on standardized tests? Why did you tank that interview or miss that golf swing when you should have had it in the bag? Why do you mess up when it matters the most and how can you perform your best instead? It happens to all of us. You've prepared for days, weeks, even years for the big day when you will finally show your stuff in academics, in your career, in sports, but when the big moment arrives, nothing seems to work. You hit the wrong note, drop the ball, get stumped by a simple question. In other words, you choke. It's not fun to think about, but now there's good news: This doesn't have to happen. Dr. Sian Beilock, an expert on performance and brain science, reveals in *Choke* the astonishing new science of why we all too often blunder when the stakes are high. What happens in our brain and body when we experience the dreaded performance anxiety? And what are we doing differently when everything magically clicks into place and the perfect golf swing, tricky test problem, or high-pressure business pitch...



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