



Performance Intelligence at Work: The 5 Essentials to Achieving the Mind of a Champion

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Your mind is a powerful tool. You just need to learn how to master it. That's 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 world's greatest athletes, from professional golfers and tennis stars to football teams and basketball pros. She's learned that the athlete's ability to perform under extreme stress is predominantly mental—not physical—and the basic principles of peak performance are the same for everyone, whether you're 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. That's 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 chapter ends with a "Business Leader Huddle" to help you put each principle into action. You will learn how to recognize your old ways of thinking, refocus your thoughts on a goal, and establish new routines to make it happen. Instead of negative "what-not-to-do" thinking (I will not procrastinate), you'll be able to retrain your brain using proactive "what-to-do" thinking (I will finish this task today). Soon you'll be performing at higher levels than you ever thought possible—with a winning mindset you never knew you had.

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