

The Only Way To Win Jim Loehr

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The Corporate Athlete Jack L. Groppe 1999-12-28 Shows how executives can achieve optimum success at work by focusing on a program advocating self-improvement through mental and physical fitness

Burn Your Goals: The Counter Cultural Approach to Achieving Your Greatest Potential Joshua Medcalf 2015-06-24 Our counter cultural approach to mental training has helped transform leaders in sports, business, and education. The stories, strategies, and tools within will leave you encouraged and inspired. If you are looking for a quick fix, look somewhere else. If you are looking to achieve your greatest potential on the journey of life, you have come to the right place.

Toughness Training for Life James E. Loehr 1994-10 The bestselling author of Mental Toughness Training for Sports uses a practical step-by-step approach that combines mental and physical conditioning with the latest scientific advances in nutrition to create mind-body synergy that will help readers reinforce their immune systems, build energy levels, and toughen themselves up all around.

Solid Ground: A Foundation For Winning In Work and In Life T.W. Lewis 2020-03-30 SOLID GROUND shatters the popular myths in today's culture about how to create a successful life and career. Tom Lewis offers both a road map and a compass for discovering True North. Following these principles will not only put you on SOLID GROUND, it will significantly improve your chances of finding success and happiness. TOM LEWIS is an award-winning entrepreneur and philanthropist who overcame career setbacks, tough competition, and a life-threatening illness to reach the pinnacle of success – and more importantly – fulfillment. He shares his journey and his advice in this very personal and profound book. Ten years from now you will thank yourself for reading this book. It will change the trajectory of your life.

Power Relationships Andrew Sobel 2014-01-13 The Relationship Laws that Drive Success There are powerful but invisible laws that determine whether your relationships—with your clients, colleagues, and friends—will thrive or wither. These relationship laws are ever-present. When you align with them, the results are dramatic. Your network will grow rapidly. You'll be seen by clients as a trusted partner rather than an expense to be managed. And you'll find the people around you eager to help you succeed. When you ignore the laws, however, your efforts will falter. Relationship building will seem like very hard work. Power Relationships gives readers a unique, entertaining guide to relationship success at work and in life. Each of the 26 laws is illustrated and explained using a compelling, real-life story that shows how to implement it. The second section of the book presents 16 common relationship challenges with specific solutions. You'll read about: The top Citigroup executive whose relationship with a CEO was changed forever on a business trip that exploded into chaos, and how you can use the same principle to deepen your own relationships. The philanthropist who, on the verge of being mugged in a dark parking lot, learns how his actions have had an unimaginable ripple effect across several generations How one of the authors flew halfway around the world and used Law 18—"Make them curious"—to turn a make-or-break, five-minute meeting with a top executive into a long-term relationship. The chance encounter on an airplane with a famous actor that revealed a simple but profound truth. It's Law 25: "Build your network before you need it." Sobel (author of Clients for Life, All for One, and Power Questions (with Panas)) and Panas (author of Asking and Supremely Successful Selling) have sold over half a million books and are the leading authorities in their field. Power Relationships is a unique, road-tested guide to relationship success.

What I Know For Sure Oprah Winfrey 2014-09-11 Candid, moving, exhilarating, uplifting, and frequently humorous, the words Oprah shares in What I Know For Sure shimmer with the sort of truth that readers will turn to again and again. As a creative force, student of the human heart and soul, and champion of living the life you want, Oprah Winfrey stands alone. Over the years, she has made history with a legendary talk show (the highest-rated program of its kind), launched her own television network, become the USA's only African-American billionaire, and been awarded both an honorary degree by Harvard University and the Presidential Medal of Freedom. From all her experiences, she has gleaned life lessons – which, for fourteen years, she's shared in O, The Oprah Magazine's widely popular 'What I Know For Sure' column, a monthly source of inspiration and revelation. Now, for the first time, these thoughtful gems have been revised, updated, and collected in What I Know For Sure, packed with insight and revelation from Oprah Winfrey. Organized by theme – joy, resilience, connection, gratitude, possibility, awe, clarity, and power – these essays offer a rare, powerful and intimate glimpse into the heart and mind of one of the world's most extraordinary women, while providing readers a guide to becoming their best selves.

The Art of Learning Josh Waitzkin 2008-05-27 An eight-time national chess champion and world champion martial artist shares the lessons he has learned from two very different competitive arenas, identifying key principles about learning and performance that readers can apply to their life goals. Reprint. 35,000 first printing.

The Only Way to Win Jim Loehr 2012-05-08 Why Winning with Character Is the Only Way to Win The conditioning begins early in our lives. Great achievements will bring lasting happiness and fulfillment; great achievements form the bedrock of stable self-esteem and strong character; great achievements will become the foundation for a successful life. If these well-intentioned promises are true, why does winning never seem to be enough? In The Only Way to Win, Jim Loehr draws upon two decades of work with Fortune 500 executives; world-class athletes such as Monica Seles, Dan Jansen, and Eric Lindros; and other high achievers at the Human Performance Institute (HPI) to reveal surprising insights about achievement motivation. Specifically, Loehr finds that the blind pursuit of external achievement often results in emptiness, addiction, and, ironically, poor performance. It's not really about what you achieve, he argues, it's about who you become as a consequence of the chase. As Loehr powerfully demonstrates, success at work and fulfillment in life require a complete re-purposing of achievement, one where value is derived from growth in areas such as integrity, honesty, gratefulness, humility, optimism, and compassion. To help readers start this process, he provides them with the tools they need to develop these character traits, as well as the plan they need to use them effectively. A compelling, practical, and hopeful read filled with relatable stories and useful exercises, The Only Way to Win will serve as a powerful wake-up call for business leaders, employees, teachers, and coaches. It will also provide inspiration for readers looking to perform better, achieve more, and change both their own lives and those of the people they influence. Jim Loehr is a world-renowned performance psychologist, co-founder of the Human Performance Institute, and author of fifteen books, including his most recent, The Power of Story. He also co-authored the national bestseller The Power of Full Engagement. Praise for The Only Way to Win: "Jim takes the challenge to achieve success to a new level--one where winning with character and values leads to a life of significance and long-term happiness." -- Steve Reinemund, Dean of Wake Forest Schools of Business and Former CEO, PepsiCo "Jim's latest book, The Only Way to Win, builds on his four decades of work with high achievers in sport and business linking character and purpose in an extraordinary way." --Chip Bergh, CEO, Levi Strauss & Co. "If you read no other book this year, give this gift to yourself, to those you lead, your family, and to anyone for whom you wish to make a positive impact on their lives." --Phebe Farrow Port, Senior Vice President, Global Management Strategies, The Estée Lauder Companies "Over the years of working with Jim, I have learned how to make a deep investment in character and push my employees and colleagues to achieve more. Jim has it exactly right--character trumps everything!" --Charlie Kim, CEO, Next Jump "Jim Loehr has plumbed the depths of human endeavor and offers us an opportunity to confront our most cherished life goals and come out a winner." --Rear Admiral Ray Smith, US Navy (Ret), Former Commander, US Navy SEALs

Leading with Character Jim Loehr 2020-09-23 PRAISE FOR LEADING WITH CHARACTER "Leading with Character can help you sharpen and define your potential legacy and, in the course of doing that, will make you a better leader in all aspects of your life." --CHIP BERGH, CEO, Levi Strauss & Co. "As a fan of Dr. Loehr's for over twenty years, I have been amazed by the continued evolution of his concepts while maintaining the initial building blocks he identified over thirty years ago. Leading with Character provides us with the source code required to define our own self-determined purpose while extending our thinking beyond self-interest to incorporate a more fulfilling concern for others." --PETER SCATURRO, former CEO of U.S. Trust, Partner at Goldman Sachs, and Managing Partner at PKS Group "As a journalist, I've been interviewing and writing about business leaders for four decades now, and I firmly believe something has changed profoundly in the last five to ten years. Business leadership has become less about giving orders, more about setting example; less about articulating a detailed strategy, more about setting values, directions, and guard rails. As a result, character becomes much more important. People want to work for someone whom they view as a moral leader, and they will model his or her behavior. The radical transparency of today's world means they will quickly see through leaders who are not authentic, and identify those who are. Character becomes critical." --ALAN MURRAY, CEO, Fortune Media Corporation "The unprecedented challenges of the twenty-first century demand leaders of every stripe who share one common attribute—a strong character of integrity and honor. After a half-century of studying and coaching world-class performers in all walks of life, this special book is Jim Loehr's magnum opus. His rigorous training program applies the modern science of human performance to the classical wisdom of character development. This practical guide is for those who have the courage and perseverance to follow this proven path to a life of significance by becoming your best self. If you are up for the challenge, read this book, turn off social media, and get to work." --CAPTAIN GEORGE DOM, USN (Ret.), former commanding officer and flight leader of the Navy's Blue Angels

The Player Rick Crossland 2017-01-27 Nothing is more important to your success than the quality of your team. In fact, they go hand in hand. Whether you are a CEO, senior executive, manager or an employee looking to raise his or her performance, "The A Player" is packed with proven strategies to get you to A Player status. Businesses filled with A Players are not only more profitable and able to share in that prosperity, but those A Players are happier and lead more purpose-filled lives as well. "The A Player" will teach everyone on your team the required steps to achieve and sustain A Player performance and lead the charge in creating remarkable steps both personally and professionally. **Extreme Productivity** Robert C. Pozen 2012-10-02 "Required reading for professionals—and aspiring professionals—of all levels." —Shirley Ann Jackson, President of Rensselaer Polytechnic Institute and Former Chairman of U.S. Nuclear Regulatory Commission Robert C. Pozen, one of the business world's most successful—and productive—executives, reveals the surprising secrets to workplace productivity and high performance. It's far too easy for working professionals to become overwhelmed by a pile of time-sensitive projects, a backlog of emails, and endless meetings. In order to be truly productive, they must make a critical shift in mindset from hours worked to results produced. With Extreme Productivity, Pozen explains how individuals can maximize their time and energy by determining and focusing on their highest priorities. He also provides a toolkit of practical tips and techniques to help professionals at all stages of their careers maximize their time at work. This essential handbook empowers every person with proven methods for prioritizing their time to achieve high-impact results and refine their career goals for long-term success, all while leading a full and meaningful personal life as well.

Net Results James E. Loehr 1988-12-01 Nearly 100,000 youngsters compete yearly in tennis tournaments. The pressure is intense, both for the players and their parents. Net Results explores parental problems, providing a program where parents can help insure their child's success. 16 pages of photos.

The New Toughness Training for Sports James E. Loehr 1995-11-01 For nearly a quarter of a century, top sports psychologist James E. Loehr has been training world-class athletes, from Olympic gold medalist speed-skater Dan Jansen to tennis stars Monica Seles and Jim Courier His bestselling book, Mental Toughness Training for Sports, is a classic. In The New Toughness Training for Sports, he offers a toughness program that allows you to play at the very top of your game—every time. You'll learn how to trigger your Ideal Performance State (IPS) on demand and gain the heightened physical, mental, and emotional mind-body toughness so vital to sports.

Your Business is a Leaky Bucket Howard M. Shore 2017-09-06 Using the metaphor of a "Leaky Bucket," Howard Shore addresses the 15 most common issues in the areas of people, strategy, and execution that drain energy, direction, and profitability from every business. Shore provides a practical guide on how to effect change and ignite growth in the leadership team in order to achieve an organization's full potential. The principles outlined in this book lead to clear and purposeful direction, a stronger, invigorated leadership team, and maximum growth and revenue, all while reducing workplace drama.

10-Minute Toughness Jason Selk 2008-10-05 "10-Minute Toughness is a solid mental training program. In fact I feel it is the best of its kind. . . . [It's] what the title says: ten minutes a day that connects your talents and abilities to the outcome you're seeking. As a retired NFL player looking forward, I can see as many applications for the toughness Jason Selk's program brought out of me in the business world as there were on the football field." --Jeff Wilkins, Former NFL Pro Bowl Kicker "The mental side of the game is extremely important. 10-Minute Toughness helps the players develop the mental toughness needed for success; it really makes a difference." --Walt Jocketty, General Manager of the 2006 World Champion St. Louis Cardinals "Jason Selk has spent a tremendous amount of time and energy developing effective mental-training programs and coaches workshops. He is truly committed to helping individuals and teams to perform at their very best, when it really counts." --Peter Vidmar, Olympic Gold Medalist Mental training is a must for high performance both on the field and off. But simply hoping for mental toughness isn't going to build any mind muscles. You need a proven routine of daily exercises to get you where you want to go. 10-Minute Toughness is your personal coach for boosting brainpower and achieving a competitive edge in whatever game you play. With quickness and ease, you'll learn how to master your own mind and psych out your opponents using personalized techniques from one of

America's most successful sport psychology consultants. Like no other program available, the 10-Minute Toughness (10-MT) routine gets you ready for the competition in just ten minutes a day.

The Only Way to Win Jim Loehr 2012-05-15 The conditioning begins early in our lives. Great achievements will bring lasting happiness and fulfillment; great achievements form the bedrock of stable self-esteem and strong character; great achievements will become the foundation for a successful life. If these well-intentioned promises are true, why does winning never seem to be enough? In The Only Way to Win, Jim Loehr draws upon two decades of work with Fortune 500 executives; world-class athletes such as Monica Seles, Dan Jansen, and Eric Lindros; and other high achievers at the Human Performance Institute (HPI) to reveal surprising insights about achievement motivation. Specifically, Loehr finds that the blind pursuit of external achievement often results in emptiness, addiction, and, ironically, poor performance. It s not really about what you achieve, he argues, it s about who you become as a consequence of the chase. From the bestselling author of On Form, comes a compelling, practical, and hopeful read filled with relatable stories and useful exercises. The Only Way to Win will serve as a powerful wake-up call for business leaders, employees, teachers, and coaches. It will also provide inspiration for readers looking to perform better, achieve more, and change both their own lives and those of the people they influence.

The Mental Game James E. Loehr 1990 From the author of Mental Toughness Training for Sports comes a collection of columns written for World Tennis magazine on playing "the mental game".

Safe Tennis Jim Martz 2015-09-01 Correct preparation is important in all aspects of life, but if you fail to warm up properly before playing tennis it could land you in the hospital for weeks. Just look how often professional tennis players are getting injured?sometimes bringing an early end to a promising career?and consider that these athletes are in peak physical shape. So just imagine the risk you are putting yourself at when you venture out for your weekly tennis match.With images that illustrate the exercises to accompany the text, Safe Tennis teaches you how to avoid these injuries and how to properly prepare yourself with detailed warm-up plans and exercises that specifically strengthen you for the sport of tennis. This includes stretching exercises that are designed by physical therapists who specialize in sports medicine. You will also learn the correct way to cool down after your match because injuries can arise if you let your body cool too quickly. Without the worry of nagging injuries, your time on the court will be that much more enjoyable.Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports?books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team.In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

What Drives Winning 2016-04-30

Growing Influence Ron Price 2018-09-18 Leadership is about influence ☐Emily is a career-driven thirtysomething with big ambitions and a young family. She is making an impact as a leader at a tech company, but after being passed up for multiple promotions, she finds herself at a loss for how to improve. Fate answers her in the form of a kind—and surprisingly direct—older man in a coffee shop. A well-respected CEO before he retired, David has deep and rich leadership knowledge. Emily needs direction, and David is the perfect mentor. Growing Influence offers readers both practical advice on how to develop leadership skills and a relatable account of one woman's growth by applying the principles in the book. Unlike nonfiction business books or business memoirs, this story is a business fable that is both impactful and transformative.

Play Like a Man, Win Like a Woman Gail Evans 2000-08-10 An honest and practical handbook that reveals important insights into relationships between men and women and work, Play Like a Man, Win Like a Woman, is a must-read for every woman who wants to leverage her power in the workplace. Women make up almost half of today's labor force, but in corporate America they don't share half of the power. Only four of the Fortune 500 company CEOs are women, and it's only been in the last few years that even half of the Fortune 500 companies have more than one female officer. A major reason for this? Most women were never taught how to play the game of business. Throughout her career in the super-competitive, male-dominated media industry, Gail Evans, one of the country's most powerful executives, has met innumerable women who tell her that they feel lost in the workplace, almost as if they were playing a game without knowing the directions. In this book, she reveals the secrets to the playbook of success and teaches women at all levels of the organization--from assistant to vice president--how to play the game of business to their advantage. Men know the rules because they wrote them, but women often feel shut out of the process because they don't know when to speak up, when to ask for responsibility, what to say at an interview, and a lot of other key moves that can make or break a career. Sharing with humor and candor her years of lessons from corporate life, Gail Evans gives readers practical tools for making the right decisions at work. Among the rules you will learn are: • How to Keep Score at Work • When to Take a Risk • How to Deal with the Imposter Syndrome • Ten Vocabulary Words That Mean Different Things to Men and Women • Why Men Can be Ugly, and You Can't • When to Quit Your Job "I want to let you women in on a secret I've learned through my years in the corporate world: There is a set of unwritten rules in business and, while you may not choose to follow all of them, if you don't know what they are, you might as well be playing the game with both hands tied behind your back." --Gail Evans

Leveraging Your Financial Intelligence Douglas Lennick 2017-10-10 Smart financial decisions boost more than your bottom line—they'll make you healthier and happier too! Are you one of the 90% of people who are stressed about money? If so, you know it can take its toll on every part of your life. Financial health, physical health and happiness are profoundly interconnected. It's almost impossible to enjoy any one of these without the help of the other two. The authors describe this phenomenon as the intersection of money, health, and happiness. Leveraging Your Financial Intelligence will teach you a powerful values-based approach to achieving your most important life goals. As you take steps to improve your financial well-being, you'll discover that leveraging your financial intelligence will also fuel your physical and emotional well-being. Backed by the latest research findings in neuroscience, psychology, health, and cultural anthropology, the authors' invaluable advice focuses on the practical actions you can take to improve not just your finances, but your overall life satisfaction. You'll be inspired by meeting people from all walks of life who have leveraged their financial intelligence to build financial security, promote fitness and health, and increase their daily sense of happiness. Proven recommendations from the authors' work with countless clients, along with worksheets, self-assessments, and other tools will help you apply the book's concepts to enhance your own financial, physical and emotional health. Use the strategies presented in this book to leverage your financial intelligence in a way that's tailored to your individual circumstances and allows you to create your own extraordinary intersection of money, health, and happiness.

Mentally Tough James E. Loehr 1988-03-15 Sport Psychologist Dr. Jim Loehr and marketing consultant Peter McLaughlin outline techniques that can be used to achieve the mental toughness displayed by professional athletes. They take these techniques--including visualization, motivation, performance ritual, breath control, and more--and demonstrate how they can be effectively applied in the business world. Mental toughness allows anyone to overcome stress, anger, fatigue, petty problems and workload so they can accomplish their goals, unlock their boundless physical and mental energy and be focused, relaxed and confident in the workplace. The techniques outlined in this book allow anyone to hone their mental toughness and succeed in today's tough business world.

Be Excellent at Anything Tony Schwartz 2011-02 Offers strategies for enabling sustainable high performance by systematically investing in employee health and happiness, citing the vulnerabilities of common business practices while offering examples of effective leadership.

How to Stop the Pain James B. Richards 2001-12-01 We all experience pain! Every day millions of people live in a world of heartache. We're forced to smile and pretend that everything is all right. You've been wounded, and you just can't seem to heal. You try to get on with your life, but you just can't move on. You forgive, but you can't forget! Every day exhumes the pain you try to bury. It cripples your relationships with people, God, and life itself. It destroys your ability to pursue your dreams. This paradigm-shattering book will free you from the forces that would turn you into a victim. It will lead you step-by-step through a simple process that will free you from the pain of the past and protect you from the pain of the future. Discover the emotional freedom that everyone wants but few experience Break the secret link to the pain of the past Identify the number one source of suffering Never be hurt by another insult Learn the only biblical way to prevent pain Free yourself from the need to judge others Experience freedom from criticism

Energy Leadership Bruce D Schneider 2010-12-16 In Energy Leadership, renowned coach Bruce D. Schneider teaches how to understand the most important personal resource of all -- energy, and shows how to harness it to achieve success in the workplace, the home, and in the world at large. This engaging and fast-paced story clearly explains how managers and leaders from all walks of life can use the principles of Energy Leadership to inspire themselves and others to achieve extraordinary results in whatever they do. The author provides insight into a cutting edge coaching process he has developed, which has positively impacted the lives of tens of thousands of people in both the corporate and private sectors. You will learn how to: Recognize the seven distinct levels that are the key to understanding why everyone thinks and acts the way they do, in life and specifically within the workplace. Distinguish truly effective leaders from those who deplete the energy of the people around them, and specific techniques to shift energy levels to inspire peak performance. Become powerful leaders who motivate themselves and others to reach their true potential. Identify the Big Four Energy Blocks and discover proven techniques and strategies for overcoming these and other obstacles to success. Develop the ability to shift internal energy to meet any leadership challenge, and use this newfound power to inspire respect, confidence, and loyalty in others. If you always try to inspire others but sometimes feel like something's missing, something is. Energy Leadership puts you in touch with the missing link between your ambitions and your ability to achieve them.

Breathe In, Breathe Out James E. Loehr 1999 Argues that controlled breathing can help reduce stress, ease childbirth, lose weight, lower blood pressure, control pain, and break habits

Summary of Jim Loehr's The Power of Full Engagement by Milkyway Media Milkyway Media 2020-01-05 What if the secret to accomplishing more has nothing to do with managing time? What if cultivating energy, instead, is the secret to living a fuller, more satisfying life... Purchase this in-depth summary to learn more.

Mental Toughness Training for Sports James E. Loehr 1986

On Form Jim Loehr 2011-01-25 Four forms of energy pulse through each of us at all times: physical, emotional, mental and spiritual. To thrive, we must recruit all four of these energies in the service of a specific mission. To be fully engaged means to be physically energized, emotionally engaged, mentally focused, and spiritually vested. Jim Loehr and Tony Schwartz draw on 30 years of research and experience with thousands of world-class athletes, FBI hostage rescue teams, emergency service workers, and corporate executives who must sustain high performance in the face of pressure. In this book they offer their precise understanding of how to help individuals and organizations manage energy to drive full engagement – along with a step-by-step programme to make that happen.

Power Questions Andrew Sobel 2012-02-07 An arsenal of powerful questions that will transform every conversation Skillfully redefine problems. Make an immediate connection with anyone. Rapidly determine if a client is ready to buy. Access the deepest dreams of others. Power Questions sets out a series of strategic questions that will help you win new business and dramatically deepen your professional and personal relationships. The book showcases thirty-five riveting, real conversations with CEOs, billionaires, clients, colleagues, and friends. Each story illustrates the extraordinary power and impact of a thought-provoking, incisive power question. To help readers navigate a variety of professional challenges, over 200 additional, thought-provoking questions are also summarized at the end of the book. In Power Questions you'll discover: The question that stopped an angry executive in his tracks The sales question CEOs expect you to ask versus the questions they want you to ask The question that will radically refocus any meeting The penetrating question that can transform a friend or colleague's life A simple question that helped restore a marriage When you use power questions, you magnify your professional and personal influence, create intimate connections with others, and drive to the true heart of the issue every time.

Serious Tennis Scott Williams 2000 Serious Tennis is the most comprehensive tennis resource, containing expert instruction on each facet of the game. Learn with the world's top instructors as they provide insights into modern tennis technique, training methods, and match strategy. Combining the sport's latest physical conditioning methods with its most advanced mental training techniques, this book enables you to reach your full potential, regardless of skill level. Top international tennis instructor Scott Williams presents his SMARTS system for perfecting stroke technique. The system includes the following: - Seeing - Movement - Adjusting - Rotation - Transfer - Swing In Serious Tennis, Williams breaks down the four main skill groups in the SMARTS system: stroking skills, playing skills, mental skills,

and preparatory skills. He then identifies three phases of development-the core phase, the mileage phase, and the fine-tuning phase-that all players should follow to improve their game. During the first phase, stroking and playing skills are sharpened on the practice court. Once in the mileage phase, techniques such as consistency, placement, and court positioning are tested during game situations. The fine-tuning phase focuses on preparatory skills such as conditioning, nutrition, sleep, and the mental skills you need to consistently win. This approach allows intermediate and advanced players to be in a continual mode of physical and mental progression to truly enhance their skills and tactical understanding of the game. From improving shot selections to performing under pressure, this book covers every aspect of the game. Become the player you've always wanted to be with Serious Tennis.

The Power of Full Engagement James E. Loehr 2005-01-03 A personal energy training program outlines strategies on how to prevent burnout and improve productivity, discussing such areas as how to work with four key sources of energy, balancing stress and recovery, expanding capacity, and implementing positive routines. Reprint. 60,000 first printing.

The Power of Story Jim Loehr 2008-10-07 Outlines a strategy for personal success that explains how readers can adjust the telling of their life stories to promote goals and change how they are seen by others. By the author of *The Power of Full Engagement*. Reprint. 35,000 first printing.

You Can Change Other People Howie Jacobson 2021-09-15 Discover how to change the lives of the people around you In *You Can Change Other People*, the world's #1 executive coach, Peter Bregman, and Howie Jacobson, Ph.D., share the Four Steps to help the people around you make positive change – even if they've been stuck for years. The authors rely on over 50 years of collective professional experience to show you exactly what to say to influence those around you for the better. Changing the way you talk will stop you from being perceived as a critic, and turn you into a welcomed and effective ally. You'll learn how to: Disarm their defensiveness and increase their confidence to act Turn people's biggest problems into even bigger opportunities Ensure accountability and follow through without making them dependent on you No one wants to be changed; but change and personal growth are critical to success, and more importantly, to a fulfilled life. *You Can Change Other People* is a must-read for those who want to improve their impact with co-workers, family members, and everyone in between.

The Personal Credo Journal: A Companion to Leading with Character James E. Loehr 2020-09-23 A practical companion to *Leading with Character: 10 Minutes a Day to a Brilliant Legacy*, *The Personal Credo Journal* features activities and exercises to help you develop and strengthen your own personal credo. The challenges we confront every day to remain true to our deepest values and finest character are common to all of us as leaders. Each of us desires to rise above our parochial self-interest and become a true servant leader whose ethical and moral character is beyond reproach, but we struggle mightily to do so. *Leading with Character* offers a succinct plan for strengthening your character as a leader: Expose the ingenious ways leaders knowingly and unknowingly cross moral lines to get their personal wants and needs met. Prevent leaders from defaulting into reflexive, automatic moral decisions by raising awareness of the process they are using to render a moral decision. Provide leaders with a proven method for constructing a robust

Personal Credo which will become the ultimate source code for vetting all their ethical and moral decisions. The program presented in the book, along with the accompanying personal credo journal, provides a practical method that could be used to build and maintain a robust personal morality system for leaders to address inherent flaws in their operating systems.

Performing Under Pressure Hendrie Weisinger 2015-02-24 Nobody performs better under pressure. Regardless of the task, pressure ruthlessly diminishes our judgment, decision-making, attention, dexterity, and performance in every professional and personal arena. In *Performing Under Pressure*, Drs. Hendrie Weisinger and J.P. Pawliw-Fry introduce us to the concept of pressure management, offering empirically tested short term and long term solutions to help us overcome the debilitating effects of pressure. *Performing Under Pressure* tackles the greatest obstacle to personal success, whether in a sales presentation, at home, on the golf course, interviewing for a job, or performing onstage at Carnegie Hall. Despite sports mythology, no one "rises to the occasion" under pressure and does better than they do in practice. The reality is pressure makes us do worse, and sometimes leads us to fail utterly. But there are things we can do to diminish its effects on our performance. *Performing Under Pressure* draws on research from over 12,000 people, and features the latest research from neuroscience and from the frontline experiences of Fortune 500 employees and managers, Navy SEALs, Olympic and other elite athletes, and others. It offers 22 specific strategies each of us can use to reduce pressure in our personal and professional lives and allow us to better excel in whatever we do. Whether you're a corporate manager, a basketball player, or a student preparing for the SAT, *Performing Under Pressure* will help you to do your best when it matters most.

Stress for Success James E. Loehr 1998 renowned motivational coach of world-class athletes turns his attention to those in the corporate world. In *Stress for Success*, business people get a practical, performance-based program to strengthen their physical, mental and emotional resilience. Loehr's 30-day program shows readers how to gradually make the kind of personal lifestyle changes that bring about the kind of high-level performance demanded of people at every level of the corporation. From the Hardcover edition.

It's Not About the Shark David Niven 2015-02-05 When we have a problem, most of us zero in, take it apart, and focus until we have it solved. Steven Spielberg tried that when the scenes with his expensive prosthetic shark just weren't scary. Psychologist, social scientist and million-selling author David Niven shows us that focusing on the problem is exactly the wrong way to find an answer. And *Jaws* built its famous menace precisely because the shark hardly ever appears in shot. Putting problems at the centre of our thoughts shuts down our creative abilities, depletes stamina, and feeds insecurities. Niven shows how working harder, and having absolute confidence in finding a solution, actually hides answers. *It's Not About the Shark* shows how to transform your daily life with a simple but rock-solid principle: If you start by thinking about your problems, you'll never make it to a solution. If you start by thinking about a solution, you'll never worry about your problems again.

The A Player Rick Crossland 2017-01-03 We all understood As, Bs and Cs in school. Do you know what it takes to be an A Player in business? *The A Player* shows us how.