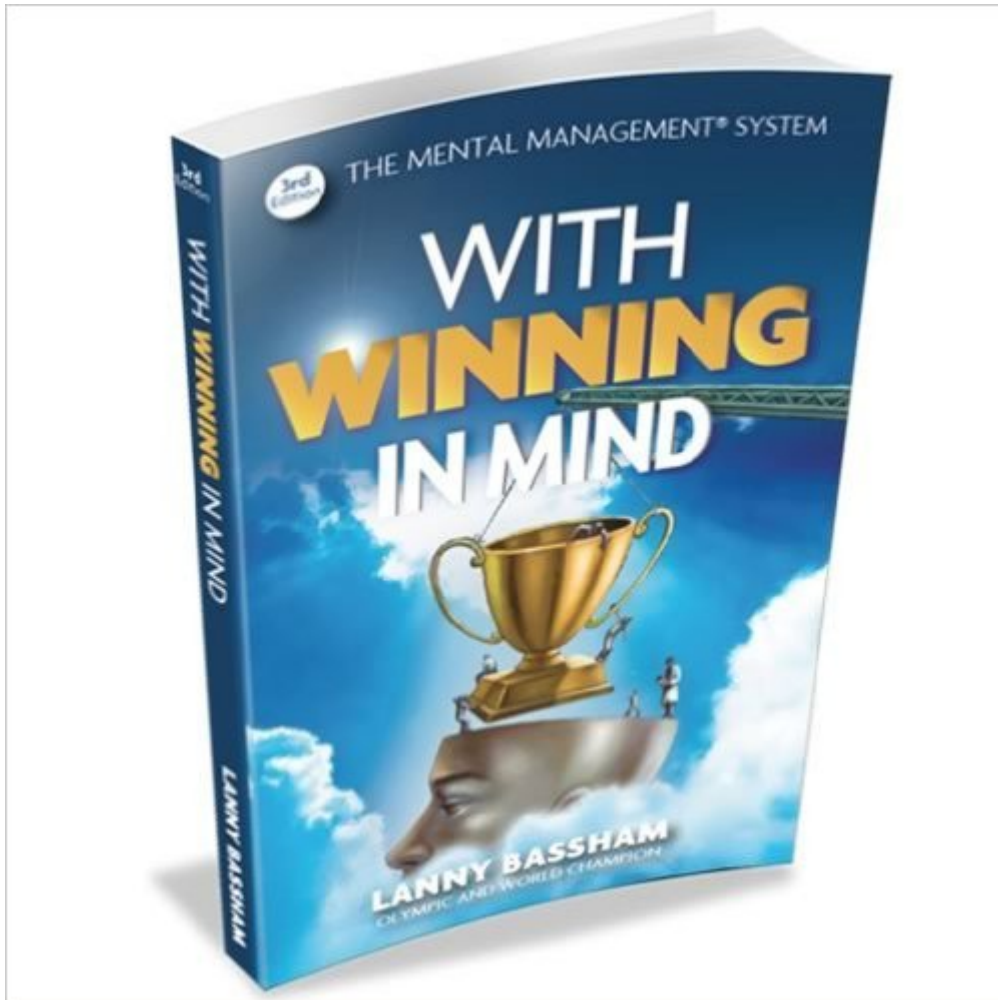


The book was found

With Winning In Mind 3rd. Ed.



Synopsis

Be wary of the people no one wants on their team, the ones who are too small, too slow and not very capable. The unwanted have a built-in motivation to do whatever it takes to succeed that those who are picked first do not have. This is a story of such a person and what he did to find his place at the top of the world in his sport. I'm that person and this book is an introduction to what I've learned. I believe there is a mental system that when used will speed up the process of getting to the winner's circle. I am well aware that there are many fine self-improvement books available. Psychologists, motivational speakers, religious leaders and business professionals write them. A competitor writes this one. The Mental Management(R) System is not based on psychology, instead it is 100% based on competition. I did my apprenticeship in the arena of Olympic pressure. My credibility is not based on the courses I took in college; it's in my gold medals and the medals of my students. It's not theory; it's simply what works. My goal in this book is to share with you the mental techniques that I have discovered and used to win.

Book Information

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Customer Reviews

There are a lot of books out there on positive thinking - books like "the secret" come to mind. Wish for a bike and you will get it! Wish for \$1 million and you will get it! Why? Many books will outline some vague, metaphysical/new age reason - surely if you sit on your bed and squeeze eyes shut, cross your fingers, and mutter your wish over and over, god/some spiritual force/genie in the bottle will grant it for you...This is not that kind of book. In a nutshell, the book basically lays out a mental system for positive reinforcement, planning and action. It is about dreaming, yes. But it is also about

planning and taking immediate action. It IS about repetition, envisioning success, and "rehearsing" in your head - but in a way that is rooted in reality and practicality. The book talks a lot about performance as well. The author is an olympic gold medalist in riflimg, so a lot of this is applicable in high pressure scenarios. I actually came across this book was because I heard mental management being mentioned by a former navy seal/sniper in a documentary. But it's a very balanced kind of "performance" - it's not an iron-fist kind of discipline. It's a method that relies on positivity and focusing on strengths. Yes - we all know positive thinking helps - we're not stupid. But I have never come across a book that laid it out in a comprehensive, no none-sense manner. It's clear, it makes sense, and it's not fluff. It's the same old principle...but with a new light shone on it and using simple methods that makes sense. The writing style is conversational, but with substance - I feel like I had a conversation with a wise grandparent (there's a lot of humor in the book too).

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