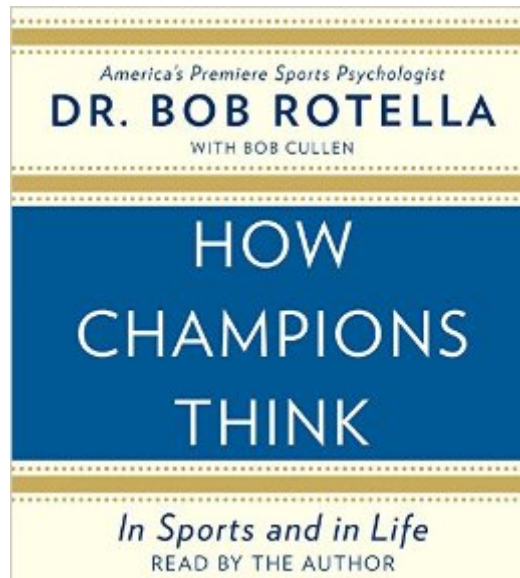


The book was found

How Champions Think



Synopsis

America's preeminent sports psychologist delivers a groundbreaking guide to success in all aspects of life—not just sports—from business to relationships to personal challenges of every variety. Acclaimed sports psychologist Bob Rotella has advised everyone from professional golfers to NBA superstars to business executives on how to flourish under pressure and overcome challenges. Now, for the first time, he's distilled his decades of in-depth research and practical experience into a potential-unlocking guide for everyone. This exciting book is not a collection of Rotella's theories; it consists of performance principles that have proven themselves in countless competitive situations, in arenas from which only the strongest minds emerge triumphant. It's a book full of insights that you can learn and use the next morning—in the office, the classroom, or wherever your quest takes you—told not in abstractions, but through case studies and stories drawn from Rotella's years teaching sports psychology, counseling athletes, and consulting for Fortune 500 companies. It explores how to keep the mind from holding you back, whatever your physical gifts or other talents. It's about how to make a commitment, how to persevere, how to deal with failure—and how to train your mind to create a self-image that promotes confidence and accomplishment. Any successful life starts with how you see yourself. And with these pearls of wisdom from the nation's preeminent sports psychologist, you can learn to achieve the success of your dreams.

Book Information

Audio CD

Publisher: Simon & Schuster Audio; Unabridged edition (May 5, 2015)

Language: English

ISBN-10: 1442376295

ISBN-13: 978-1442376298

Product Dimensions: 5.1 x 0.8 x 5.9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 2.0 out of 5 stars — See all reviews (1 customer review)

Best Sellers Rank: #848,472 in Books (See Top 100 in Books) #89 in Books > Books on CD > Sports & Outdoors #553 in Books > Sports & Outdoors > Miscellaneous > Sports Psychology #904 in Books > Books on CD > Nonfiction

Customer Reviews

Although there were inspirational moments, he repeated himself too many times - the message

became the same over & over.

[Download to continue reading...](#)

How Champions Think: In Sports and in Life How Champions Think Think Python: How to Think Like a Computer Scientist The Ultimate Guide to Business Insurance - Restaurant Edition. If You Think You Are Not Liable, Think Again Act like a Lady, Think like a Man: What Men Really Think About Love, Relationships, Intimacy, and Commitment Earl Nightingale Reads Think and Grow Rich (Think and Grow Rich (Audio)) Act Like a Lady, Think Like a Man, Expanded Edition CD: What Men Really Think About Love, Relationships, Intimacy, and Commitment Raising Up Spiritual Champions Newsletter Lost Champions: Four Men, Two Teams, and the Breaking of Pro Football's Color Line Money and Soccer: A Soccernomics Guide: Why Chievo Verona, Unterhaching, and Scunthorpe United Will Never Win the Champions League, Why Manchester ... and Manchester United Cannot Be Stopped Never. Say. Die.: The San Francisco Giants — 2012 World Series Champions Coaching Salespeople into Sales Champions: A Tactical Playbook for Managers and Executives Six Sigma for Green Belts and Champions: Foundations, DMAIC, Tools, Cases, and Certification Champions Body-for-LIFE Stanford: Home of Champions OpTic Gaming: The Making of eSports Champions The Domino Diaries: My Decade Boxing with Olympic Champions and Chasing Hemingway's Ghost in the Last Days of Castro's Cuba Lionel Messi: The Inspirational Story of Soccer (Football) Superstar Lionel Messi (Lionel Messi Unauthorized Biography, Argentina, FC Barcelona, Champions League) Transforming Children into Spiritual Champions: Why Children Should Be Your Church's #1 Priority Sidney Crosby: NHL MVP and Champion (Today's Mvps and Champions)

[Dmca](#)