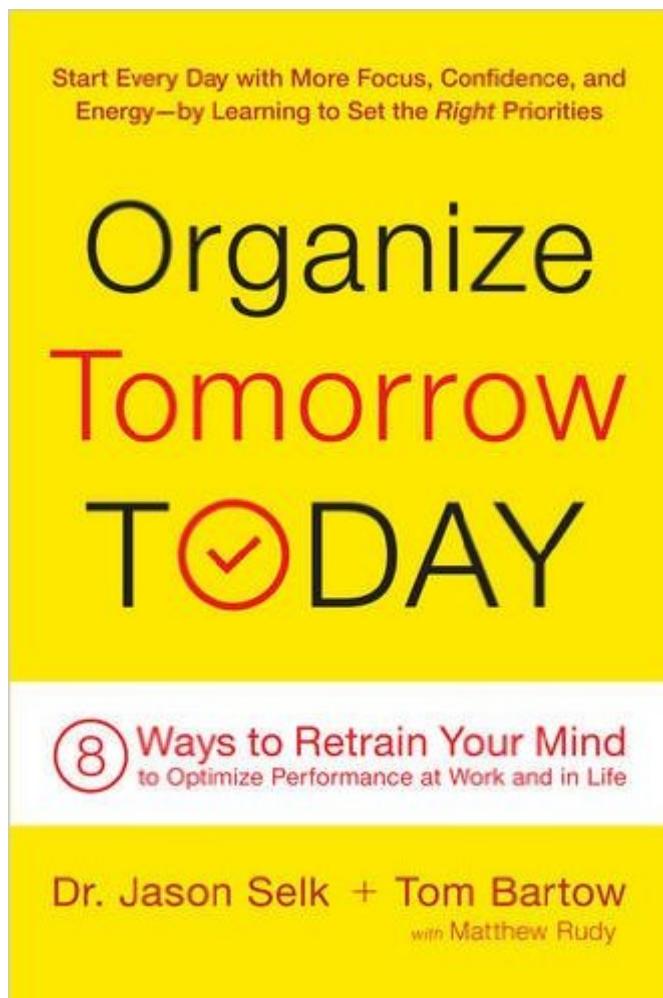


The book was found

Organize Tomorrow Today: 8 Ways To Retrain Your Mind To Optimize Performance At Work And In Life



Synopsis

Sports Psychology Meets Wall StreetDr. Jason Selk helps well-known professional and Olympic athletes as well as Fortune 500 executives and organizations develop the mental toughness necessary to thrive in the face of adversity and achieve elite-level results. Tom Bartow, following a career as a winning college basketball coach, became one of the country's top financial advisors and is now one of the premier business coaches nation-wide. Together, Selk and Bartow reveal the secrets of how both elite athletes and business leaders climb to the top. In *Organize Tomorrow Today*, two of the top minds in human performance come together to deliver the pathway to extreme success. Doing more is not the answer, and Selk and Bartow walk you through how to achieve more by doing less. There is a huge difference between knowing something and understanding. There is an even wider gap between understanding and doing. Highly successful people never get it all finished in any given day; however, they always get the most important things completed. Selk and Bartow offer the 8 fundamentals of doing what it is most important. OTT will show you the performance gains that athletes, executives, and salespeople spend tens of thousands of dollars to achieve.

Book Information

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Customer Reviews

Have you ever taken a class or even garnered best practices for productivity from articles and books, but they didn't seem to help? The authors of this book tackle productivity issues in a much more logical way. Skill mastery is achieved through repetitions, one step at a time. That might not be new, but how we get to mastery level could be. We learn that lining up a set of skills we want

to improve and bombarding ourselves with compulsions to master all of them, is a recipe for failure. This program works on the premise of choosing one thing at a time and being accountable for that one thing until conquered. The authors explain the concept of channel capacity and how so many professionals try to change too many things too quickly. They over-stuff their channel capacity. This book discusses eight simple, concrete concepts: ¢ Organize Tomorrow Today ¢ Choose Wisely ¢ Maximize your Time endorsed ¢ Build and Break Your Habits ¢ Evaluate Correctly ¢ Learn How to Talk to Yourself ¢ Learn How to Talk With Others ¢ Become Abnormal But of those eight, ¢ The ¢ law ¢ of human channel capacity pretty much dictates that three of these ideas will successfully be incorporated into [your] improvement strategy. ¢ In a summary at the end of each chapter, the authors invite readers to reflect on what they ¢ ve just read. It ¢ s an interesting way to advocate working on this particular concept. If you can only work on one to three things at a time, which concepts are likely to provide desired professional advancement? ¢ The Big Why seeks to provide the impetus for taking on this challenge. What will you gain if you master this concept? ¢ The Inversion Test is an effort to get readers to see the other side this concept.

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