



## The Athlete Within You: A Mental Approach to Sports and Business

By Mike Margolies

Headwaters Publications. Paperback. Book Condition: New. Paperback. 166 pages. Dimensions: 9.1in. x 6.1in. x 0.5in. When it comes to being successful how well are you playing the Game within the Game? Want to be a World-Class Athlete in your business and personal pursuits? The same core principles (e.g. Motivation, Confidence, Relaxation, Visualization) that make stars of committed athletes, apply to developing true business acumen and success. Do you understand the difference between external and internal motivation? Do you know how to apply the right kind of focus to achieve goals? Do you have what it takes to stay the course in the tough spots and in the 11th hour? Ultimately, if we are to succeed with more control and under stress, we must learn that it is more important to be able to push our own button, than to rely on others to do it for us. Mental self-mastery has been the focus of Mike Margolies' work as a coach, counselor, teacher, trainer, sport psychology and performance consultant for over 30 years. Athletes from professional football to elite level figure skating and every sport in between have been seeking out Mike Margolies as the Sport Psychology and Performance Consultant he...

DOWNLOAD



READ ONLINE

[ 4.39 MB ]

### Reviews

*A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is only after i finished reading this publication where in fact modified me, alter the way in my opinion.*

-- Prof. London Gerlach

*This ebook will be worth buying. It usually fails to charge too much. You will not sense monotony at at any time of your time (that's what catalogs are for regarding when you check with me).*

-- Retha Frami V

## Other eBooks



**Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America.**

Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This isn t porn. Everyone always asks and some of our family thinks it is for sure.but its not....



**Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers**

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original...



**The Adventures of Ulysses: A Supplement to the Adventures of Telemachus**

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Adventures of Ulysses by Charles Lamb - CLASSIC GREEK MYTHOLOGY - This work is designed as a supplement to...



**TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



**TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



**The Right Kind of Pride: A Chronicle of Character, Caregiving and Community**

Right Kind of Pride, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.After 20 years of marriage author Christopher Cudworth and his wife Linda faced a future changed by...