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Perform Your Best on the Bar Exam Performance Test-Mary Campbell Gallagher 2010-08 Provides templates and detailed instructions for writing the formats on the Multistate Performance Test (MPT) part of the bar exam. Contains twelve (12) actual MPT tasks, as released by the National Conference of Bar Examiners (NCBE) and used here with permission, in a variety of formats and a range of difficulty. Full sample answers for the MPT tasks and notes on analyzing all 12 tasks. Systems and checklists for managing time. Special tips for California bar candidates and for foreign-trained lawyers.

SuperCompetent-Laura Stack 2012-09-13

Emotional Resilience-Geetu Bharwaney 2015-05-14 Pressure, stress and annoying problems are all part of life, especially at work. By developing your emotional resilience you can be bulletproof, prepare yourself against even the most challenging situations, and focus fully on achieving your goals, getting things done, moving ahead and being the best you can be. With this comprehensive, practical and empowering guide, you will start feeling the benefits of emotional resilience straight away as you learn to: · quickly adapt to tricky and pressured situations and get the best from them; · be at your best all the time by successfully managing your emotions, thoughts and actions; · handle everyday demands, hassles and annoyances with positivity and confidence; · realise your full potential – whether on your own or with others. Being clever, skilled or smart is not enough. To get an edge, stand out and really succeed you need emotional resilience.

Perform at Your Best-Jane Marla Robbins 2007-09-01 This charmingly illustrated, easy-to-read “acting coach in a box” will teach you how to maneuver your way through any everyday stressful situation, onstage or off, within minutes. Whether making a presentation at work or talking to the PTA, the techniques help you overcome shyness and performance anxiety and project confidence. An Axiom Business Book Award gold medal winner.

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.

Read This Book Tonight to Help You Win Tomorrow-Rob Gilbert 2013-02-02 It's the night before the big game or competition. Athletes have put in endless hours of practice time to prepare for the event. Their physical training is complete, but how can they be assured of being at their peak condition mentally? Based on author Dr. Rob Gilbert's 30 years of consulting with thousands of athletes, "Read This Book Tonight To Help You Win Tomorrow" includes: - Over 120 of the greatest sports motivational quotes ever assembled. - 40 power statements for game day to perform your best under pressure. - What the greatest upset in sports history can teach you about never giving up. - Overcoming competitive fears, nerves and doubts. - The simple mantra that helps athletes block out distractions. - 5 must have rules for going all out. - Getting rid of the "Mental Emergency Brake." - Striking the right balance between caring too much and caring too little. - Proven methods to loosen up and play your best. - Decision vs. action. Why athletes must know the difference. - Tommy Lasorda's secret weapon to help athletes win. - How focusing on effort instead of outcome boosts performance. - Maximizing athletic ability, being a team leader and playing out of your mind. - Eliminate the 14 killer words that destroy performance.

The Interview Book-James Innes 2016-01-20 This is the definitive, bestselling guide to planning, preparing and performing in interviews to maximise your chances of landing the job you want. The guidance in this book has been tried, tested and honed to perfection. The unique content includes a chapter on avoiding the most common interview mistakes, and important information on how to handle and benefit from the post-interview period. Written by the CEO of the UK's leading CV consultancy service, James Innes, the book is supported by exclusive online tools and bonus content including sample interview questions, templates and best-practice scenarios.

Fight Your Fear and Win-Dr. Don Greene 2002-01-15 We've all been there: that make-it-or-break-it moment of our careers—on the brink of a deal, poised at the starting gate, under the spotlight waiting to speak or perform in front of our peers. At this point, where everything seems to be on the line, most of us experience one overriding reaction—fear—and this fear can have negative physical, mental, and emotional consequences on how well we do our job. Don Greene, Ph.D., a renowned sports psychologist, teacher at the Juilliard School, and “stress” coach to top executives and entertainers, has spent decades studying fear and its effect on performance. In this groundbreaking book, Dr. Greene shares the proven techniques he has used with Olympic athletes, Grand Prix drivers, the Vail Ski School, Golf Digest Schools, the New World Symphony, and Merrill Lynch traders to help them perform their best under pressure. In his years of working with Olympic and professional athletes, network news anchors, classical musicians, actors, dancers, trial attorneys, brokers, and CEOs, Dr. Greene discovered that there were certain commonalities in people's responses to high-pressure situations. Untrained, these individuals' reactions were allowing fear to take over and affect decision-making, poise, and display of skill. But Dr. Greene found that by applying methods such as the centering technique, these same people could work through their fear and perform better than ever before. Fight Your Fear and Win begins with a self-assessment performance survey that will allow you to pinpoint your own reactions to stress: how you handle distractions, how you are affected by nervousness, your mental outlook, your response to fear, and your ability to bounce back from failure. After completing this self-assessment, the book takes you through the seven essential skills required for optimal performance: 1.Determination 2.Energy 3.Perspective 4.Courage 5.Focus 6.Poise 7.Resilience Interspersed with true stories from Greene's wide variety of experiences training everyone from the San Diego S.W.A.T. team to singers at the Metropolitan Opera, each chapter includes a series of mental and physical exercises that will help you track your progress. This simple twenty-one-day plan will make a profound difference in the way you approach challenging situations, and allow you to think more clearly and creatively under pressure. Whether you are giving a closing argument in a courtroom, making a presentation at work, auditioning for a role, or stepping up to the first tee, Fight Your Fear and Win is the ultimate tool to conquering your fear and achieving success when you need it most.

Experimenting with Babies-Shaun Gallagher 2013-10-01 Babies can be a joy—and hard work. Now, they can also be a 50-in-1 science project kit! This fascinating and hands-on guide shows you how to re-create landmark scientific

studies on cognitive, motor, language, and behavioral development—using your own bundle of joy as the research subject. Simple, engaging, and fun for both baby and parent, each project sheds light on how your baby is acquiring new skills—everything from recognizing faces, voices, and shapes to understanding new words, learning to walk, and even distinguishing between right and wrong. Whether your little research subject is a newborn, a few months old, or a toddler, these simple, surprising projects will help you see the world through your baby’s eyes—and discover ways to strengthen newly acquired skills during your everyday interactions.

Primed to Perform-Neel Doshi 2015-10-06 The revolutionary book that teaches you how to use the cutting edge of human psychology to build high performing workplace cultures. Too often, great cultures feel like magic. While most leaders believe culture is critical to success, few know how to build one, or sustain it over time. What if you knew the science behind the magic—a science so predictive and powerful that you could transform your organization? What if you could use cutting edge psychology to unlock people’s innate desire to innovate, experiment, and adapt? In Primed to Perform, Neel Doshi and Lindsay McGregor show you how to do just that. The result: higher sales, more loyal customers, and more passionate employees. Primed to Perform explains the counter-intuitive science behind great cultures, building on over a century of academic thinking. It shares the simple, highly predictive new measurement tool—the Total Motivation (ToMo) Factor—that enables you to measure the strength of your culture, and track improvements over time. It explores the authors’ original research into how Total Motivation leads to higher performance in iconic companies, from Apple to Starbucks to Southwest Airlines. Most importantly, it teaches you to build great cultures, using a systematic and sustainable approach. High performing cultures can’t be left to chance. Organizations must create systems that shape and maintain them. Whether you’re a five-person team or a startup, a school, a nonprofit or a mega-institution, Primed to Perform shows you how.

Perform at Your Best-Jane Marla Robbins 2007-09-01 This charmingly illustrated, easy-to-read “acting coach in a box” will teach you how to maneuver your way through any everyday stressful situation, onstage or off, within minutes. Whether making a presentation at work or talking to the PTA, the techniques help you overcome shyness and performance anxiety and project confidence. An Axiom Business Book Award gold medal winner.

Driven to Perform-Nenshad Bardoliwalla 2009-04-01 Providing a comprehensive tour of performance management methods and software applications, this resource contains the overview of the process, technology, and people issues in the field, along with hands-on recommendations for specific business areas.

Earl Mindell's Peak Performance Bible-Carol Colman 2001-09-24 You Can Be Stronger, Smarter, Sexier, and Healthier! ONE OF THE BESTSELLING NAMES IN VITAMINS, HERBS, AND SUPPLEMENTS, DR. EARL MINDELL TAKES ON THE HOTTEST CATEGORY IN NATURAL PRODUCTS: PERFORMANCE ENHANCERS THAT WILL MAKE YOU STRONGER, SMARTER, SEXIER, AND HEALTHIER. CONSUMERS ARE SPENDING MORE THAN 10 BILLION DOLLARS ANNUALLY ON THESE PRODUCTS. BUT NOT ALL OF THEM WORK -- SOME ARE REALLY EFFECTIVE, SOME ARE DOWNRIGHT DANGEROUS, AND SOME ARE A COMPLETE WASTE OF MONEY. Earl Mindell's Peak Performance Bible will take the mystery out of performance enhancers, which are crowding out an earlier generation of vitamins and herbs in health-food stores around the country. These hot products include: The new cancer-fighting supplement that helps build bigger muscles The Asian aphrodisiac that can help you in the gym and in the bedroom The supplement that can enhance sexual function, sharpen your thinking, and help prevent disease The tea that fights cancer, cleans out your arteries, and can make you thinner The amino acid that can stave off mental exhaustion -- it's so effective it has been studied by the U.S. military! INCLUDING HIS TRADEMARK HOT HUNDRED, DR. MINDELL INCLUDES SPECIFIC CHAPTERS ON PRODUCTS DESIGNED TO HELP YOU BULK UP, SLIM DOWN, GAIN ENDURANCE, IMPROVE SEXUAL PERFORMANCE, AND MAINTAIN THE COMPETITIVE EDGE AT WORK. HE EVEN INCLUDES INFO FOR TEENS ON SAFE BUT EFFECTIVE WAYS TO BUILD UP STRENGTH.

Good to Great-Jim Collins 2001-10-16 The Challenge Built to Last, the defining management study of the nineties, showed how great companies triumph over time and how long-term sustained performance can be engineered into the DNA of an enterprise from the very beginning. But what about the company that is not born with great DNA? How can good companies, mediocre companies, even bad companies achieve enduring greatness? The Study For years, this question preyed on the mind of Jim Collins. Are there companies that defy gravity and convert long-term mediocrity or worse into long-term superiority? And if so, what are the universal distinguishing characteristics that cause a company to go from good to great? The Standards Using tough benchmarks, Collins and his research team identified a set of elite companies that made the leap to great results and sustained those results for at least fifteen years. How great? After the leap, the good-to-great companies generated cumulative stock returns that beat the general stock market by an average of seven times in fifteen years, better than twice the results delivered by a composite index of the world's greatest companies, including Coca-Cola, Intel, General Electric, and Merck. The Comparisons The research team contrasted the good-to-great companies with a carefully selected set of comparison companies that failed to make the leap from good to great. What was different? Why did one set of companies become truly great performers while the other set remained only good? Over five years, the team analyzed the histories of all twenty-eight companies in the study. After sifting through mountains of data and thousands of pages of interviews, Collins and his crew discovered the key determinants of greatness -- why some companies make the leap and others don't. The Findings The findings of the Good to Great study will surprise many readers and shed light on virtually every area of management strategy and practice. The findings include: Level 5 Leaders: The research team was shocked to discover the type of leadership required to achieve greatness. The Hedgehog Concept (Simplicity within the Three Circles): To go from good to great requires transcending the curse of competence. A Culture of Discipline: When you combine a culture of discipline with an ethic of entrepreneurship, you get the magical alchemy of great results. Technology Accelerators: Good-to-great companies think differently about the role of technology. The Flywheel and the Doom Loop: Those who launch radical change programs and wrenching restructurings will almost certainly fail to make the leap. “Some of the key concepts discerned in the study,” comments Jim Collins, “fly in the face of our modern business culture and will, quite frankly, upset some people.” Perhaps, but who can afford to ignore these findings?

Super Performing At Work and At Home-Robert J. Cerfolio 2014-05-27 A book about how to become a super performer in everything you do—and how to find the real reason for wanting to super perform How do you handle a “no-win” situation? According to world-renowned cardiothoracic surgeon Robert J. Cerfolio—“the Michael Jordan of lung surgery”—there’s often no such thing. Sharing his own remarkable feats as a collegiate first-team academic all-American baseball player, his rise from a surgical resident at the Mayo Clinic to the recognized world authority in chest and robotic thoracic surgery, and anecdotes from his long career as a Little League coach and father, Cerfolio shows you how to think like a super performer in everything you do. Revealing the techniques, lessons, and strategies he himself learned through playing sports, he teaches you to attain what he calls “the athleticism of life”: the practice that elevates the mind and body of the good to the great and makes a star performer into a super performer. Yet, as Dr. Cerfolio learns when his wife tests positive for breast cancer, this isn’t the entire story—and what ultimately defines us is how well we can meet our obligations when placed under the most crushing pressure. In this provocative memoir/guidebook, Cerfolio sets you on your path to super performing—but teaches you, through his story, that your path is not complete without an honorable cause to steer toward and give your all.

Perform Like a Rock Star and Still Have Time for Lunch-Orna Drawas 2012-11-23 Flash cards that can be used as reminders, conversation starters or daily mantras to help professionals perform at their peak every day.

Play Your Best Golf Now-Lynn Marriott 2011-04-28 Two of golf's most revolutionary teachers share a personalized approach to accessing your peak performance. "The VISION54 approach is far more than just pure golf technique, it allows an individual to unlock their true potential by opening their mind and believing anything is possible to achieve." - David Leadbetter, David Leadbetter Golf Academy Pia Nilsson and Lynn Marriott are Complete Game Coaches, leaders of a new kind of golf instruction that focuses on more than just the grip, the stance, and the swing. Their VISION54 method targets the complete golfer-the whole person-not just the technical aspects of the game. Their coaching philosophy focuses on possibilities, not limitations, with an end goal of MY54-the idea that any golfer can reach their own personalized version of peak performance, scoring nothing but birdies on a par-72 course. Building on the core concepts introduced in Every Shot Must Have a Purpose and the strategic thinking in The Game Within the Game, Play Your Best Golf Now takes the mystery out of the soft skills of golf and shows golfers how to add these skills to their game for peak performance. Players learn to master the 8 Essential Playing Skills: 1. LEAVE YOUR MIND BEHIND and enter the Play Box 2. DECIDE AND COMMIT to your shots 3. FIND YOUR BALANCE both physically and mentally 4. FEEL YOUR TEMPO on the course and dance to its rhythm 5. TAME TENSION to improve your swing 6. BUILD EMOTIONAL RESILIENCE 7. STORE MEMORIES and learn from the past to make a better present 8. DROWN SELF-TALK IN USEFUL THOUGHTS And the 2 Essential Practice Skills: 1. SIMULATE GOLF on the practice range to maximize your time and effort 2. INTEGRATE SKILLS and practice with a plan These Essentials complement the technical anchors of the game-the grip, the stance, the swing-and give players a foundation for achieving their peak performance. MY54 is the vision, and these are the building blocks for achieving a higher level of play.

Peak Performance Under Pressure-Bill Driscoll 2012-10-01 Former Naval Flight Officer Ace and TOPGUN instructor Bill Driscoll demonstrates how his own life-or-death aerial dogfights—and the preparation for them—can help guide high-risk corporate decisions. Interviews with over 200 senior executives and 26 Ace pilots, as well as strategies from Driscoll's own highly successful second career in commercial real estate, reinforce the consistent patterns underlying exceptional performance under pressure. Benefits •Make tough, split-second decisions under the pressure of the fast-paced, competitive battleground of global enterprise. •Cope with ever-changing business conditions, such as management changes, dwindling resources, and tight deadlines. •Boost personal, team, and organizational performance.



Your Best Pregnancy-Jill Hoefs, MPT 2014-10-23 Have a safe, healthy, and comfortable pregnancy. Written by two physical therapists with over twenty years of combined experience helping women ease sore feet, aching backs, incessant peeing, and many other uncomfortable conditions, Your Best Pregnancy provides simple solutions and easy exercises to help women feel their best from head to toe. Through detailed photographs, illustrations, and down-to-earth advice that is both medically substantiated as well as easy to understand, you will learn how to: Treat the most uncomfortable symptoms during pregnancy, such as back and shoulder pain, bladder issues, night cramps, sciatica, swelling, and varicose veins. Maintain a healthy pregnancy, even while on bed rest. Correctly strengthen the pelvic floor and core to prevent diastasis recti. Nurse, lift, and care for a baby (or babies) using proper body mechanics to avoid strain and injury. "Your Best Pregnancy is fun, interesting, and supportive. It feels like sitting down with a knowledgeable and trusted friend to talk about all the challenging and usually-not-discussed issues of pregnancy. We keep a copy at our practice to offer advice to patients." óMARC LEVIN, MD, FAMILY PHYSICIAN, MATERNITY CARE COORDINATOR, INSTITUTE FOR FAMILY HEALTH "A must read if you're pregnant or just had a baby and wonder why your body feels the way it does!... A perfect go-to book for every pregnant woman, whether it's your first or fourth pregnancy." óSTACEY J. FUTTERMAN, PT, MPT, WCS, BCB-PMD, OWNER OF 5 POINT PHYSICAL THERAPY PLLC IN NEW YORK CITY "Your Best Pregnancy is like having two best friends on speed dial who just happen to also be physical therapists, and in Hoefs' case, an experienced mom. They give new and professional mothers the scoop on all things health, with an approachable helping of medical knowledge and a touch of sass." óLESLIE GOLDMAN, MPH, WOMEN'S HEALTH WRITER, LESLIEGOLDMANWRITES.COM

Champion Mindset-Patrick King 2017-03-24 Are you terrified of feeling like you're not good enough? Self-conscious and anxious from harsh judgment? Don't simply hope for the best - guarantee it. Learn how to operate at the top 1% of your abilities and CONQUER the obstacles in your path - every time. If doesn't matter if you have trouble overcoming mental, physical, imagined (IE excuses), or real blocks. CONQUER will show you how to perpetually feel in control and "in the zone." CONQUER has one proposition: how to perform at your peak to make sure you never come up short. They are the same tactics that have driven me to: -Become a bestselling author in multiple countries. -Become a sought-after social skills coach and advisor on corporate culture. -Practice law full-time while juggling 3 side jobs that would eventually become my new career. Correction: those tactics made those accomplishments inevitable. And that's what they can do for you. From becoming a superstar at work to greater happiness, to less stress and anxiety -- hitting your growth potential will take your life to the next level. What will you learn about being successful? -Why your weaknesses are more important than your strengths. -How becoming emotion-oriented will motivate you like nothing else. -How Britain's cycling team and marginal gains can help you. As well as: -The importance of secondary 20% skills. -How to avoid being driven by pride and ego. -What your disempowering narrative is and how to reverse it. Performing at your potential is massively fulfilling. And not just mentally. It's the difference between reaching for a promotion... and knowing you have it in the bag. The difference between calm confidence in a job well done... and frantic last-minute flailing. The difference between a reliable and noteworthy reputation... and being known as adequate at best. you have a simple choice. Conquer will teach you how to excel in all areas of your life. Will you take a chance on yourself? Learn how to destroy your barriers by scrolling up and clicking the BUY NOW button at the top of this page!

Sports Psychology For Dummies-Leif H. Smith 2010-08-16 Acquiring the winning edge in sports-the mental edge Mental conditioning is now seen by many to be as critical to sports success as physical conditioning. And for parents eager to ensure their children have a winning edge-as well as a future college scholarship-nothing could be more critical to success. This book offers readers a comprehensive program to gain that winning edge, providing training tips and techniques along with helpful advice to keep in mind while competing. With practical advice on how to strengthen concentration (and when you shouldn't concentrate), talk yourself into winning, and develop routines that will lead to consistent improvement, the book's full personalized program will help any athlete gain over time the winning edge in any sport With tips on how to regulate your energy to avoid exhaustion; and how to enhance your team's chemistry through sports psychology Loaded with real-world examples from amateur and professional sports of all kinds Applicable to not only sports-but business as well-Sports Psychology For Dummies will enhance any competitor's motivation, focus, and will to win, when facing life's toughest challenges.

Performance Strategies for Musicians-David Buswell 2006-01 How to overcome stage fright and performance anxiety and perform at your peak -using NLP and visualisation.

Bring Your "A" Game-Jennifer L. Etnier 2009-12-15 Mental training is just as important as physical training when it comes to success in sport. And like physical fitness, mental toughness is something that can be taught and learned. Yet many young athletes have not learned the psychological skills needed to develop their best game. This book was written specifically for young athletes interested in improving their performance and reaching their potential in sport. Bring Your "A" Game introduces key strategies for mental training, such as goal setting, pre-performance routines, confidence building, and imagery. Each of the seventeen chapters focuses on a single mental skill and offers key points and exercises designed to reinforce the concepts. The book encourages athletes to incorporate these mental skills into their daily lives and practice sessions so that they become second nature during competition. Whether used at home by student athletes or assigned by coaches as part of team development, Bring Your "A" Game will help young performers develop a plan for success and learn to deal with the challenges of pursuing excellence in sport.

Performance Success-Don Greene 2012-11-12 Performance Success teaches a set of skills so that a musician can be ready to go out and sing or play at his or her highest level, working with energies that might otherwise be wasted in unproductive ways. This is a book of skills and exercises, prepared by a master teacher.

Finding Your Best Inside-Dr. Madeline Ann Lewis 2009-12-01 We can become our own person and a strong one at that. We can acquire the simple skills that help us step up to greater challenges and reap rewards we may never have even dreamed of. Finding the Best Inside will help you discover the inner you and to release your natural energy in such a way that your life will be changed markedly, for good and forever. This is a book that shows you how to lose those things that stifle your journey through life and take on board positive attitudes and beliefs that make both the journey and the arrival so much sweeter and beneficial.

Standup Comedy 101-Jim Rauth 2017-07-04 "If you're looking at this book, trust your instincts," says Jim Rauth founder of the Comedy College a standup comedy school located in Milwaukee and Chicago. Jim has been teaching "Standup Comedy 101" for the last 19 years. Jim's students have appeared on HBO, Comedy Central, NBC's "Last Comic Standing", Jimmy Fallon, Conan O'Brien and more! Jim also has managed a comedy club and has produced over 600 comedy shows. "In the early years, I was producing an open mic in Chicago and in the same room we had TJ Miller, Kumail Nanjiani, Kyle Kinane, Nate Bargatze and Hanibal Burress when they were starting their careers on a Tuesday," said Rauth. If you're looking to be funnier for the next party or you're heading for a national television gig, this workbook will get you there. It's worked for numerous Comedy College students who have made to national television shows and others who make their living doing standup. The book is an easy read and the exercises are simple to follow. It's designed to help you get your comedy act together for you first comedy performance, and then to help you keep building your comedy career.

Get Paid to Perform!-Dan Cain 2013-06-19 Are you frustrated from not landing those gigs? Do you want to know the secret scripts that can get you those paying shows? Whether you are a novice or professional this book can help you get to the decision maker of virtually any establishment and give you the knowledge to confidently get those gigs! This book will teach you the techniques used by The Mentalist Dan Cain to get into fine dining establishments and corporate venues. He will explain with psychology and scripts - never before published until now - how you can get in those venues too!

Goal Digger Fitness-Eric Harr 2007-05-29 There is a Fitness Goal Digger in each of us, a person who thrives upon movement, who is ready to set exercise goals and do what it takes to achieve them. Perhaps you consider yourself a runner, cyclist, golfer, or Rollerblader. Then again, maybe you're at the point where you just take the stairs instead of the elevator, do some yard work or vacuum the living room vigorously, and park in the farthest spot from the entrance when you shop. Whatever the case, you want to lead a reasonably active life--when you have the time and, of course, the motivation. But lately, "whenever you can" and "whenever life allows" are not as often as you'd like them to be. Goal Digger Fitness will show you how to fit exercise into the context of your everyday life. In this book, you'll find: -A test to help you match your fitness program to your psychology, physiology, and schedule -A three-step program to identify personal obstacles, define your goals, and execute a personalized fitness plan -Exercise plans prescribed in 10-day doses with 4-day breaks in between -Tips and strategies to overcome mental and physical roadblocks -The Goal Digger Diet, with an array of healthy, tasty meals that can be prepared in less than 10 minutes With special programs such as the Look Better Program, Feel Better Program, Perform Better Program, and Better Health Program, this superb guide will help you set and achieve your goals so that you reach your full fitness potential.

Perform Under Pressure: Change the Way You Feel, Think and Act Under Pressure-Ceri Evans 2019-09-05 The transformative mind-model for performing under stress and making pressure your advantage Used by the planet's top performers

Peak Performance Meal Recipes for Soccer: Increase Muscle and Reduce Fat to Become Faster, Stronger, and Leaner-Joseph Correa 2015-07-18 Peak Performance Meal Recipes for Soccer will help you increase the amount of protein you consume per day to help increase muscle mass and drop excess fat in order to perform your best in Soccer. These meals and the calendar will help increase muscle in an organized manner by having a schedule and knowing what

you're eating. Being too busy to eat right can sometimes become a problem and that's why this book will save you time and help nourish your body to achieve the goals you want. Make sure you know what you're eating by preparing it yourself or having someone prepare it for you. This book will help you to: -Gain muscle fast to increase your strength and resistance. -Have more energy during difficult training sessions. -Naturally accelerate Your Metabolism to build more lean muscle. -Improve your recovery time and reduce injuries. Joseph Correa is a certified sports nutritionist and a professional athlete.

How To Train Your Mind For Best Performance-Francisco Bujan 2011-10-13 To be happy and successful in life, your mind must be your best ally, not your enemy! - Performance is a lot about your mind - Here are simple techniques to remove self limiting beliefs and optimize your thoughts and emotions - Applying these strategies in your existence has the power to radically shift the way you position yourself in any situation in life! - The goal is simple! - Be a WINNER with everything you do!

Winning with Your Head-Rafi Srebro 2003-02 What is mental strength? What are the mental factors that influence our ability? Can we learn how to become mentally strong? This book will give you answers to those questions and will give you the tools to become a winner in soccer and in life.

The Psychology of Enhancing Human Performance-Frank L. Gardner, PhD, ABPP 2007-07-30 The MAC approach developed by connecting the more traditional scientific knowledge base on human performance and self-regulation to more contemporary findings to do with meta-cognitive processes, emotion regulation, and acceptance-based behavioral interventions. Written by the originators of the MAC model, this book will provide both the necessary theory, empirical background, and a structured step-by-step, easy-to-use protocol for the understanding, assessment, conceptualization, and enhancement of human performance. It is a protocol that can be readily adapted for a wide variety of high-performing clientele--from athletes and business people, to sales people, professionals in a variety of fields, and emergency/military personnel. The material can be integrated by practicing clinicians as an adjunctive intervention strategy to help clients with specific performance problems. Numerous case examples, forms, handouts, in- and out-of-session assignments and activities, and verbatim client instructions are included.

End Your Carb Confusion-Eric Westman 2020-12-15 Move from carb confusion to carb confidence! Overwhelmed by the avalanche of information out there about diets and health? Tired of spending time and money following complicated and expensive plans and protocols that don't deliver the results you want? Would a strict ketogenic diet be best for you? But what if you can't imagine life without fruit or bread? Why won't someone just make all this diet stuff simple? They have! Eric Westman, MD, has over twenty years of experience as an internal medicine doctor and obesity medicine specialist. He's helped patients at his Keto Medicine Clinic at Duke University lose over 26,000 pounds and reverse conditions like type 2 diabetes, PCOS, high blood pressure, and more. In End Your Carb Confusion, he shares his time-tested and science-backed strategy with YOU! If you've spent years doing "all the right things" but you're still dealing with excess weight, diabetes, heartburn, joint pain, fatigue, skin problems, or other issues, End Your Carb Confusion is the GPS you need to help you navigate your way from frustrated and disappointed to empowered and successful.

Find the level of carbohydrate intake that's right for you now, and then learn how to switch gears to a higher- or lower-carb diet when the time is right. Dr. Westman gives you the information you need to start reclaiming your health today--no complicated and confusing scientific gobbledegook, only exactly what you need to understand how you got to where you are (hint--it's not your fault!) and, more important, how to get to where you want to be. You shouldn't need a PhD, a private chef, and a million dollars to lose weight and get healthy. The simple, straightforward plan laid out in End Your Carb Confusion fits into any lifestyle, whether you shop at an organic co-op or a discount chain and will help you reach your goals whether you prefer gourmet meals or fast food. No matter where you're starting from, End Your Carb Confusion can lead you to your destination--a renewed body, mind, and spirit.

Improving People Performance in Construction-David John Cooper 2004 Sir John Egan's Construction Task Force report Rethinking Construction emphasized the huge importance of people performance in running a successful construction business. And yet, getting people to perform well can be very difficult; particularly in the challenging environment of a construction site, where many workers come and go according to the work available. David Cooper's Improving People Performance in Construction is a very down-to-earth guide to managing performance. The author recognizes the particular challenges of the industry, explains the basic approach to people performance and provides a menu of proven techniques for communicating your expectations, monitoring and managing performance and dealing with performance problems effectively when they arise. The book is part of the Leading Construction Series co-published by Gower and CITB-ConstructionSkills. The Leading Construction Series is part of a CITB-ConstructionSkills initiative to develop management skills within the industry. The books in the series are designed to be as practical as possible, with a firm grounding within the construction industry. They also work as an easy-read undergraduate level text; especially for students studying for construction-related degrees.

The Pressure Principle-Dave Alred 2016-04-28 The coach who taught Jonny Wilkinson how to deal with pressure now shows all of us how to cope with life's challenges Pressure is a constant in our lives. The pressure to hit a deadline, deliver that speech, interview for the job we really want - they are all challenges we need to meet. Like a footballer taking a penalty or a golfer making a putt, how we respond to pressure defines us at work and at home. Dave Alred is an elite performance coach who works with the world's top sports stars and teams - from rugby's Jonny Wilkinson to Premiership footballers and golfers - helping them deliver when the tension is at its most extreme. In The Pressure Principle he finally shares his eight groundbreaking principles and shows how we can all apply them to our lives. From how a child-like approach can help us through tough moments, to the best ways to face an audience, to why language is the ultimate performance-enhancing drug, Pressure is the definitive guide to dealing with our challenges. Packed with accessible stories and tips, it shows how we can harness pressure to produce our best at home, at work, and in our sport or exercise - by the man who has spent his life coaching the very best. 'Dave Alred is a genius. There is simply no-one around to match him in his field' - Jonny Wilkinson Dr Dave Alred MBE is an elite performance coach who has worked with some of the biggest names in sport. His clients have included rugby's Jonny Wilkinson, George Ford and Johnny Sexton, golfers Luke Donald, Brad Kennedy and Padraig Harrington, the England Rugby team (four World Cups), the British Lions (three tours), the Springboks, the England Cricket team, and Premiership sides Manchester City, Sunderland, Watford and Newcastle. He holds a PhD in Performing under Pressure from Loughborough University. A genuine pioneer in performance mindset and attitude, his approach optimises the abilities of sports and business people alike.

The Job-Ready Guide-Anastasia de Waal 2019-05-03 To get the career you want, you need to be job-ready. This is your all-in-one guide to understanding what employers want and how to prepare yourself with a personal career plan. From gaining work experience, to mastering essential skills and acing the application process, The Job-Ready Guide is a complete resource for standing out from the crowd and getting a job offer. It shows you how to build a strong CV, write an impressive cover letter, excel at interviews, and cultivate the professionalism that employers want. Moving from education into the workplace can be a challenge: the world of work demands skills that you may never have had to truly use - or think about - before. The Job-Ready Guide will help you to boost your employability, covering everything you need to prepare for and start a successful career. You'll be able to conduct a systematic job search, learn how to network and develop a personal brand online, as well as hone valuable skills including leadership, teamwork, creativity and problem-solving. A highly practical, hands-on guide, this book is packed with useful features, including interactive exercises to help you in your real life; insider advice from employers; and tips from professionals at different stages in their careers who reveal 'what they wish they'd known'.

Better Relationships and Enhanced Life Performance: 12 Daily Principles-Khalif Ibere 2015-01-04 Bad relationships have a special way of influencing every aspect of your life. Learning an effective way to engage and grow a healthy relationship can keep you from wasting energy, money, and time in relationships that will not be worthy of your emotional investment. There are 12 daily principles that when implemented in your life can make all the difference between a profound healthy relationship and struggling in a relationship that is going no where. It takes two healthy people for a healthy relationship, here is your chance to get support to find your healthy partner.

From the Stage to the Studio-Cornelia Watkins 2012-04-30 "The fact is, you will teach." from the Foreword by Stephen Clapp, Dean Emeritus, The Julliard School. Whether serving on the faculty at a university, maintaining a class of private students, or fulfilling an invitation as guest artist in a master class series, virtually all musicians will teach during their careers. From the Stage to the Studio speaks directly to the performing musician, highlighting the significant advantages of becoming distinguished both as a performer and a pedagogue. Drawing on over sixty years of combined experience, authors Cornelia Watkins and Laurie Scott provide the guidance and information necessary for any musician to translate his or her individual approach into productive and rewarding teacher-student interactions. Premised on the synergistic relationship between teaching and performing, this book provides a structure for clarifying the essential elements of musical artistry, and connects them to such tangible situations as setting up a studio, teaching a master class, interviewing for a job, judging competitions, and recruiting students. From the Stage to the Studio serves as an essential resource for university studio faculty, music pedagogy teachers, college music majors, and professionals looking to add effective teaching to their artistic repertoire.

Breaking Through-Gloria Bennett 1994 Author and voice teacher Gloria Bennett has taught Axl Rose of Guns N'Roses, Vince Neil of Motley Crue, Exene Cervenka of X, Steve Wynn of Dream Syndicate, Dexter Holland of The Offspring, and Anthony Keidis of the Red Hot Chili Peppers, among others. Her comprehensive and practical book, now in its second edition, offers a clear explanation of the voice as an instrument and proper vocal technique. Through examples, anecdotes and exercises, Breaking Through provides for both the novice and professional vocalist a vital sourcebook for maintaining and enhancing the quality of the voice. Topics covered include: pitch problems and solutions, evening your range, projection without strain, how to stay vocally healthy on the road, how to find a good vocal coach, and much more.

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