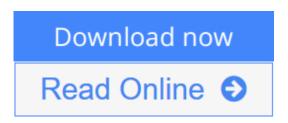


Organize Tomorrow Today: 8 Ways to Retrain Your Mind to Optimize Performance at Work and in Life

By Jason Selk, Tom Bartow, Matthew Rudy



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Sports Psychology Meets Wall Street

Dr. 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.

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Editorial Review

Review

Praise for Organize Tomorrow Today

San Francisco Book Review, 6/24/16

"Positive, upbeat...actionable, attainable...entertaining and readable...Put into practice, the skills outlined in this book can be life-changing, and get you to the level of performance you crave."

About the Author

Dr. Jason Selk is one of the most sought after performance coaches in the United States. While serving as the director of mental training for Major League Baseball's St. Louis Cardinals, Dr. Selk helped the Cardinals win two World Series championships, in 2006 and 2011. He has written two best-selling books, *10-Minute Toughness* and *Executive Toughness*. Learn more at JasonSelk.com.

Tom Bartow applied many of the concepts he learned from his best friend John Wooden, the famed basketball coach at UCLA, to create an advanced training program at Edward Jones for high-level advisors. Edward Jones's advanced training program is still considered best in class throughout the nation.

Matthew Rudy has authored or coauthored twenty-three golf, business, and travel books, including titles with Hank Haney, Dr. Michael Lardon, Dave Stockton, and Johnny Miller. He lives in Bridgeport, Connecticut.

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