

Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance

By Jason Selk

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Take your professional game to the next level—in 100 seconds or less!

People with inborn talent may be good at what they do—but only the mentally tough reach the highest plateaus in their field. And here's the best news of all: mental toughness is something anyone can learn.

Director of mental training for the St. Louis Cardinals and a top-tier executive coach, Dr. Jason Selk knows everything there is to know about developing the mental toughness required for achieving any goal you set for yourself. In fact, the techniques he outlines in this book are the same ones he used to help the Cardinals defeat the heavily favored Detroit Tigers in the 2006 World Series.

Inspired on the vision of legendary basketball coach John Wooden, Selk's program is as simple as it is effective. But that doesn't mean it's easy. You have to put effort into your drive to success; it's the only way to build up your mental "muscles." Selk provides hands-on daily exercises for breaking old, self-defeating patterns of behavior and replacing them with the can-do attitude and positive behavior that would make Coach Wooden proud.

Executive Toughness outlines the three fundamentals for attaining high-level success:

ACCOUNTABILITY—admit to mistakes, correct them, and, most important, learn from them

FOCUS—on your strengths, on winning, on reaching your goal . . . for only 100 seconds per day


OPTIMISM—don't just believe you can succeed, *know* you can succeed

Executive Toughness takes you through the steps of making these critical

behaviors part of your everyday routine. Practice your accountability, focus, and optimism, and you'll be on the path to attaining your goals; make them part of your mental "DNA," and there will be no turning back—ever.

A complete regimen from a leading expert on developing the mindset for attaining goals, *Executive Toughness* is your workout for ultimate success in your career and in your life.

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
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Editorial Review

About the Author

Dr. Jason Selk is the bestselling author of 10-Minute Toughness, director of mental training for the St. Louis Cardinals, and an executive coach. He lives in St. Louis, MO.

Users Review

From reader reviews:

Melissa Hopkins:

The book Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance has a lot of knowledge on it. So when you check out this book you can get a lot of advantage. The book was authored by the very famous author. Tom makes some research before write this book. This book very easy to read you can find the point easily after looking over this book.

Marvin Smith:

This Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance is great guide for you because the content and that is full of information for you who also always deal with world and still have to make decision every minute. This specific book reveal it information accurately using great organize word or we can declare no rambling sentences inside it. So if you are read that hurriedly you can have whole details in it. Doesn't mean it only will give you straight forward sentences but hard core information with lovely delivering sentences. Having Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance in your hand like finding the world in your arm, facts in it is not ridiculous 1. We can say that no guide that offer you world in ten or fifteen small right but this book already do that. So , this is good reading book. Heya Mr. and Mrs. occupied do you still doubt that will?

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Jerry Melgar:

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