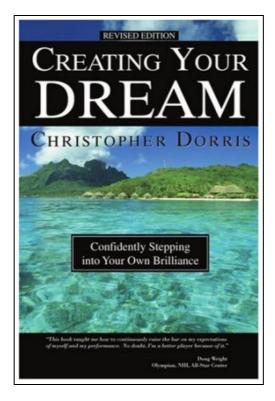
Creating Your Dream: Confidently Stepping Into Your Own (Paperback)



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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

CREATING YOUR DREAM: CONFIDENTLY STEPPING INTO YOUR OWN (PAPERBACK)



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iUniverse, United States, 2005. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Creating Your Dream is a powerful and simple step-by-step guide for anyone who is tired of waiting for life to get great. Author Christopher Dorris shares his observations from years of training the world s top athletes and executives in the area of peak performance. He delivers concise and engaging descriptions of the most critical psychological traits--or Mental Toughness Tools--shared by the world s top performers. He includes the actual exercises that these peak performers use in their daily Mental Toughness Training regimens. The list of Mental Toughness Tools outlined include: Game Face Imagery The Pre-Performance Routine Mental Stretching The Winner's Circle Negativity Immunity The Secret Weapon Awareness and Presence Hoping to Knowing Creating Your Dream is an invaluable resource for people who are adamant about taking full control of their lives by freeing the mind of the restrictive beliefs that prevent ultimate success and happiness.



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