

When the Pressures On: The Secret to Winning When You Cant Afford to Lose



At the highest level of any pursuit, the difference between the two top performers in a contest is always mental. One holds it together - while the other falls apart. The same is true in business. Whether you are confronting a crisis, making a pitch, negotiating a deal, or facing a deadline, your mindset can give you the edge. When the Pressures On brings peak performance principles to the boardroom, revealing five core mental skills that enable professionals to excel while under duress: Goal Setting - become mission-driven Adaptive Thinking - replace negative thoughts with positive ones Stress/Energy Management - keep your cool no matter what Attention Control - maintain focus despite distractions Imagery - see success before it happens. Together, the skills form the core of this complete brain-training program, packed with guidelines, examples, exercises, assessments, and the latest advances in biofeedback and neuroscience. By learning to harness the power of your mind, you'll achieve extraordinary results when it matters most.

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