

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

By Jason Selk

 Download

 Read Online

 Get Print Book

**Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance** By Jason Selk

**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.

 [Download Executive Toughness: The Mental-Training Program t ...pdf](#)

 [Read Online Executive Toughness: The Mental-Training Program ...pdf](#)

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

*By Jason Selk*

**Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance By Jason Selk**

**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.

**Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance By Jason Selk Bibliography**

- Sales Rank: #97158 in eBooks
- Published on: 2011-11-25
- Released on: 2011-11-25
- Format: Kindle eBook

 [\*\*Download\*\* Executive Toughness: The Mental-Training Program t ...pdf](#)

 [\*\*Read Online\*\* Executive Toughness: The Mental-Training Program ...pdf](#)

## **Download and Read Free Online Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance By Jason Selk**

---

### **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:**

##### **Dan Gray:**

The feeling that you get from Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance is a more deep you digging the information that hide inside the words the more you get serious about reading it. It does not mean that this book is hard to know but Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance giving you buzz feeling of reading. The article author conveys their point in particular way that can be understood simply by anyone who read the item because the author of this publication is well-known enough. This particular book also makes your own personal vocabulary increase well. So it is easy to understand then can go along with you, both in printed or e-book style are available. We propose you for having this Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance instantly.

##### **John Ward:**

This book untitled Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance to be one of several books that will best seller in this year, honestly, that is because when you read this guide you can get a lot of benefit upon it. You will easily to buy this kind of book in the book retail store or you can order it via online. The publisher on this book sells the e-book too. It makes you quicker to read this book, since you can read this book in your Smart phone. So there is no reason to your account to past this book from your list.

##### **Mary Varnum:**

Many people spending their time period by playing outside having friends, fun activity together with family or just watching TV the entire day. You can have new activity to invest your whole day by reading through a book. Ugh, ya think reading a book can actually hard because you have to take the book everywhere? It ok you can have the e-book, getting everywhere you want in your Mobile phone. Like Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance which is obtaining the e-book version. So , why not try out this book? Let's see.

**John Negron:**

In this era which is the greater person or who has ability in doing something more are more important than other. Do you want to become among it? It is just simple solution to have that. What you should do is just spending your time very little but quite enough to possess a look at some books. One of several books in the top checklist in your reading list is definitely Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance. This book that is certainly qualified as The Hungry Hillsides can get you closer in growing to be precious person. By looking way up and review this guide you can get many advantages.

**Download and Read Online Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance By Jason Selk #GOWBJS9A5PI**

# **Read Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance By Jason Selk for online ebook**

Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance By Jason Selk Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance By Jason Selk books to read online.

## **Online Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance By Jason Selk ebook PDF download**

### **Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance By Jason Selk Doc**

**Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance By Jason Selk Mobipocket**

**Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance: The Mental-Training Program to Increase Your Leadership Performance By Jason Selk EPub**