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177 Mental Toughness Secrets of the World-Class: The Thought Processes, Habits and Philosophies of the Great Ones, Steve Siebold, London House Press, 2004, 0975500309, 9780975500309, 257 pages. Is it possible for a person of average intelligence and modest means to ascend to the throne of the world class? The answer is YES! Not only is it possible - it's being done everyday. This book shows you how. 177 takes you inside the thought processes, habits and philosophies of the world's greatest performers..

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The Power of Focus , Jack Canfield, Mark Victor Hansen, Les Hewitt, 2000, Self-Help, 310 pages. Two motivational speakers team up with an acclaimed "success coach" to lay out a battle plan for achieving all of life's personal, business, and financial goals. Original. 200

Warriors, Workers, Whiners, and Weasels The 4 Personality Types in Business and how to Manage Them to Your Advantage, Tim O'Leary, Jun 6, 2006, , 240 pages. In the world of business and life, there are only four kinds of people in any organization: . Warriors, who confront change, see possibilities, innovate and manage to win

All you can do is all you can do, but all you can do is enough! , Art Williams, Aug 1, 1988, , 219 pages. Art Williams started out as a high school football coach, earning \$10,700. But he didn't stay there for long. By believing in himself enough to take a chance, he became a

Heartfelt Marketing Allowing the Universe to Be Your Business Partner, Jacquie Jordan, Sep 30, 2010, , 95 pages. Heartfelt Marketing is for the self-inspired entrepreneur who understands their skill set: however, promotion isn't their forte. Heartfelt Marketing is for the self-inspired

Walk-On Life from the End of the Bench, Alan Williams, Nov 1, 2005, , 228 pages. By turns inspiring, candid, and exhilarating, "Walk-On" traces Alan's journey from his early teens, where he dreamed of landing a spot at Wake Forest, to his final semester on

Life by design building the future of your dreams, Todd Duncan, Mar 1, 2002, Self-Help, 126 pages. Do the events in your life occur randomly or by design? Unfortunately most people live their lives simply reacting to events around them instead of proactively following a

Goals! How to Get Everything You Want -- Faster Than You Ever Thought Possible, Brian Tracy, Aug 9, 2010, Psychology, 288 pages. Based on more than 20 years of experience and 40 years of research, this book presents a completely updated and practical, proven strategy for creating and meeting goals that

The Ultimate Guide to Mental Toughness How to Raise Your Motivation, Focus and Confidence Like Pushing a Button, Daniel Teitelbaum, Dec 1, 1998, , 277 pages. .

Structure and Interpretation of Computer Programs , Harold Abelson, 1996, Computers, 657 pages.

Structure and Interpretation of Computer Programs has had a dramatic impact on computer science curricula over the past decade. This long-awaited revision contains changes

The Science of Spiritual Marketing Initiation Into Magnetism, Andrea Adler, Mar, Oct 31, 2007, , 218 pages. This book takes the reader on a journey through an initiation that unfolds chapter by chapter. From exposing The root Chakra of PR, to sourcing the Three Stages of Creativity

Born to Run A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen, Christopher McDougall, 2011, Social Science, 287 pages. Recounts the author's experiences with the reclusive Tarahumara Indians, whose techniques allow them to run long distances with ease, and describes his training for a fifty

Full Dark, No Stars , Stephen King, Sep 20, 2011, Fiction, 576 pages. "I believe there is another man inside every man, a stranger . . ." writes Wilfred Leland James in the early pages of the riveting confession that makes up "1922," the first in

Presidential Decisions for War Korea, Vietnam, and the Persian Gulf, Gary R. Hess, 2001, History, 262 pages. "A solid work... Hess has packaged three historical vignettes in a thorough, concise, and readable primer on wartime presidential leadership." -- The Historian.

Developing Mental Toughness Gold Medal Strategies for Transforming Your Business Performance. Graham Jones and Adrian Moorhouse, J. Graham Jones, Adrian Moorhouse, Jan 1, 2008, , 192 pages. High achievers do more than merely cope with pressure they thrive on it! This book has been written for executives in business who wish to achieve consistent, high level

Vincent's Word Studies on the New Testament , Marvin R. Vincent, Feb 1, 1984, , 2704 pages. Readers need no formal language training to use this book in unlocking for themselves the riches of the New Testament. Vincent s lists each significant word in the New

Mental Toughness Understanding the Game of Life, Timothy S. Wakefield, Oct 14, 2008, Self-Help, ..

NEW EDITION: Is it possible for a person of average intelligence and modest means to ascend to the throne of the world class? The answer is YES! Not only is it possible - it's being done everyday. This book shows you how. Some of the Mental Toughness Secrets You Will Learn: Champions Lead Through Facilitated Introspection The World Class Compartmentalize Their Emotions The World Class Are Ferociously Cooperative The Great Ones Possess Supreme Self Confidence The World Class Embrace Metacognition The World Class Are Coachable Champions Know Why They Are Fighting The World Class Operate From Love and Abundance School Is Never Out For The Great Ones Champions Are Interdependent The Great Ones Are Bold Champions Are Zealots For Change The Great Ones Dont Give BackThey Just Give Champions Are Masters Of Mental Organization The Great Ones Only Negotiate Win-Win Deals Champions Seek Balance Champions Believe In Honesty The Great Ones Arent Afraid To Suffer Read more at <http://www.mentaltoughnesssecrets.com>

Steve Siebold, CSP trains sales and management teams how to increase sales through his unique blend of mental toughness training. Salespeople learn how to control their thoughts, feelings, and attitudes before, during and after the sales presentation. Managers learn how become a mentally tough coach and leader with their sales representatives. Steve Siebold speaks from real world experience as a former professional athlete, national coach, and international businessman. He began studying Mental Toughness Training as a world-class junior tennis player in the 1970's. Steve's clients include Fortune 500 companies such as Johnson & Johnson, Toyota, Procter & Gamble, GlaxoSmithKline, to name a few; as well as thousands of direct salespeople in 10 countries worldwide. Steve has been featured on The Today Show, Good Morning America, BBC Television Europe, NBC Australia, CBS, FOX, and dozens of other television, radio, newspapers and magazines around the globe. His books, video and audio programs have been sold in 30 countries

around the world. Two of his four books on Mental Toughness are international best-sellers, and considered by many experts to be the gold standard in the field of psychological performance training for sales teams. As a professional speaker, Steve has been awarded the Certified Professional Speaker designation from the National Speakers Association. Steve ranks among the top 1% of income earners in the professional speaking industry worldwide. He is the author of 3 books: 177 Mental Toughness Secrets of the World Class / Coaching Mental Toughness / Die Fat or Get Tough. In December 2001, Steve was appointed to the National Charity Awards Committee, Chaired by President George W. Bush. Other committee members included Merv Griffin, Pat Boone, and Cheryl Ladd. Steve lives with his wife of 25 years, Dawn Andrews Siebold, in North Georgia on Lake Lanier in the summer and Palm Beach, Florida in the winter.

If you are pursuing a better life at home or in business, this book is absolutely invaluable. I loved it for it's clear and concise message about what the world-class do that differentiates them, and the results they get, from the rest. It is also great to be able to open the book anywhere and get clear and profound methodology into the workings of world-class performers, without having to read the book from the beginning.

MISSING ELEMENT - Quite frankly, I believe that much of this pain and frustration is caused by that "little voice inside of us" - whispering that we're not worthy, or that we can't find that new job, or that we will never reach success, or that we are failures, etc., etc. - words of lack and scarcity - of low expectations - of discouragement - words that can diminish our self-esteem and keep us from a more abundant life. Read more ›

This book stokes up the mental powers of individuals who aspire to be champions. In it, there are 177 short powerful lessons of how top people think and discipline themselves to stay focused. You can read them like a book or get inspiration day-by-day. It's a boon to anyone who is in to positive thinking personal development. I highly recommend it.

It was Michael Jackson who coined the phrase, "If you wanna make the world a better place, take a look at yourself and make the change." This book does exactly that; it forces you to look at yourself, compared to world-class performers. Honestly, this book is painful because it caused me to examine a lot of bad habits I have. It caused me to look at life in a totally different way. I have noticed some drastic changes in my life since reading this book and in applying its principles. If you want to remain status-quo and average, then this is not the book for you. However, if you are frustrated with your current results, I would advise you to get a copy ASAP. WARNING!!!! This book will cause you to experience some emotional pain!! LOL

A millionaire friend of mine suggested this book to me if I wanted to increase my success in not only in Business but also in life. After reading the book and making the appropriate changes, people started to notice me a little different. Recommend for anyone who want to positively change their life.

177 Mental Toughness Secrets of the World Class by Steve Siebold is a very informative and insightful book. I too only wish that I would have known about this book sooner, but at least I know now. The following are some passages of the book that I found very helpful and that resonated with me (and to share with others a glimpse of this great information):

Pg. 60 secret #28: Champions are Comeback Artists: I enjoy how the author gives helpful tidbits on examples of people that have pulled themselves up by their bootstraps. The fact that he lists this lesson as perserverance on the physical plane, toughness on the mental plane, and artistry on the spiritual place is very inspiring.

Pg. 155 secret #99: The Great Ones are Aware of their Limitless Potential: This statement really stood out for me because I watched a really fun movie called Limitless that starred Bradley Cooper less than two months ago. The "Limitless" movie illustrated the potential realities possible when unlimited potential is tapped into. This is similiar to the message that I believe that author is trying to send with this secret when he emphasizes that champions wake up one day and realize that their possibilities and potentials that symbolize the unlimited arena.

The cons: The book is like 2 breathless teenage boys looking at pictures of teenage girls. Every fifth word is "unbelievable" "amazing". The whole book has an phoniness to it. The style is very outdated, some sort of Amway rally style. Later when I went to their webpage it turns out Amway is one of his clients.

This is it! Out of all the reading I've done this year this has been by far the most valuable book I have read. The main reason is that it's mostly a quick overview of hundreds of other books on self-improvement distilled to their most practical points. During the book he constantly guides you to other books you should read and tells you why you should read them. I will be re-reading this book in the future and will be reading many of the suggested books. Wonderful little book that can make a difference in your life quickly if you allow it to. I finished it just before a big job interview and it gave me the confidence to do a lot better. We will see if I did get the job or not how good the book really is. Either way this one is well worth a read! Don't miss it.

I've personally met Steve on many occasions and he's all about bringing value. This is a must read book for anyone who's in sports, politics, business, sales, or any trade/industry that requires mental toughness. Things will get tough and being mentally and emotionally tough is a requirement in today's conditions. Keep writing great books Steve.

I'm really surprised that this book doesn't have a lot more reviews. I'm an avid reader of self improvement literature and think this book is among the best I've read, if not the best. I read it and am now actually rereading it (which is rare for me to do). I really like the references to other books included--I've read a fair number of those as well.

This single book opened my eyes to the levels of awareness of the society I live in, and where I could change my own way of thinking. Living in a world with an understanding of critical thinking and objective reality has impacted my life, and I believe it can impact the lives of everyone who reads it. IF you are open to evaluating your own life critically (and honestly). Must read book for everyone on this side of the flowers.

Is it possible for a person of average intelligence and modest means to ascend to the throne of the world class? The answer is YES Not only is it possible - it's being done everyday. This book shows you how. 177 takes you inside the thought processes, habits and philosophies of the world's greatest performers.

Does give a nice list of books/programs to look into throughout this audiobook. So this is somewhat themed as a starting (or mid)point on a journey. A handful of these "secrets" could really be all you need to get yourself going on a certain path to success, while some can probably be had elsewhere if you're an avid reader/listener.

The book compares the "World Class" habits to those of the poor/working/middle class and even many among the upper class. Some people might not like the use of labels (and the baggage it inevitably carries), but I think it worked because, simply put, nobody wants to be simply average or deemed an underachiever. There are some themes I have found familiar among other books: Be more zealous in how you spend your time, it is probably better to focus (depth over breadth.. but some of each is good too!), the mind is has a self-preservation kind of programming that may attempt to sabotage your more ambitious goals, and even that contentment/happiness is not necessarily achieved by reaching your goals but should be built into the process.

Part I didn't like about this audiobook was that it also had somewhat of an informercial feel. (And if I visited his site, he probably would be pitching higher-priced premium offerings.) If you wish to be more practiced (and I don't think this was mentioned), perhaps you should review a "secret" or two mentioned in it each day.(less)

This book has taught me the mentality of success. Since success is 90% mental there is no greater book in my opinion to teach what success dictates. The great thing about financial or business

success is that the principles learned to be successful in one area of your life are universal. They make you successful in ALL areas of your life. Because of the things learned in this book, I am not only more successful in my business but I am a better Dad, a better Husband, a better person.

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