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## Managing the Mental Game: How to Think More Effectively, Navigate Uncertainty, a (Paperback)

By Jeff Boss

Tier 1 Publishing, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In this concise guide to mental management, executive leadership and team coach and former Navy SEAL, Jeff Boss, teaches a blend of unique mental training methodologies that will enhance your self-belief, self-confidence, and mental fortitude to help you reach new levels of success no matter what your profession is. Jeff's unique WYSIWYG (what you see is what you get) style of writing makes the science of mental toughness easy to read and relatable. With a client list that ranges from high potentials to top executives, Jeff demonstrates how to pave the way for breakthrough potential by sharing over 23 mental exercises for dealing with overwhelm. Specifically, you'll learn: 1. Why understanding the mind is the smartest thing you can do 2. Learn the 4 Mental Traps and How To Avoid Them 3. The 3 types of focus and why mastering them is fundamental to success 4. Learn how to deal with uncertainty and not be stymied by fear 5. Learn the 3 pitfalls of uncertainty so you can anticipate and avoid them 6. The truth about managing uncertainty 7....



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