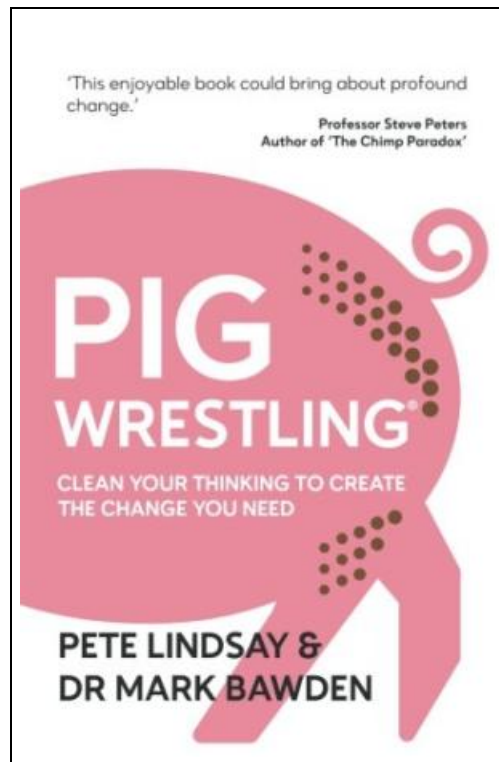


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Reviews

This is actually the best book i actually have go through right up until now. It generally will not price an excessive amount of. I discovered this book from my dad and i suggested this book to understand.
(Norma Carroll)

PIG WRESTLING: CLEAN YOUR THINKING TO CREATE THE CHANGE YOU NEED (PAPERBACK)



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Maelhama, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Review A truly novel approach to solving many of life s problems from two experts in the field. This short fable presents a framework that covers significant concepts in a simple manner allowing the reader to apply them immediately. This enjoyable book could bring about profound change. (Professor Steve Peters, Author of The Chimp Paradox) Whether you are trying to win Olympic gold or manage the demands of being a busy Mum, we can all find ourselves wrestling with challenging situations. I ve been fascinated by psychology for a long time, and I found the novel ideas contained in this book quick to grasp and easy to apply. They ve certainly made a profound difference to the way I think in sport and in life. (Dame Jessica Ennis-Hill) Mark and Pete make performance psychology accessible and fascinating. This book explains some of their key insights in a truly memorable way. (Matthew Syed, Author of Black Box Thinking Bounce) After finishing as England captain in 2012, feeling worn down and exhausted by the demands of the job, I have often wondered whether I might have found a way of dealing better with the day-to-day issues that tended to bombard me and others within the team. Having read this fable, I am now sure that there is a better way. Mark and Pete use their vast experience to take you on a journey of discovery that leads to a clear and concise model for dealing with problems in whatever form they come. I will certainly be adhering to these principles in my role of Director of England Cricket. (Andrew Strauss OBE) From the Back Cover Pig Wrestling is a simple fable with...



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