



The Athlete Within You: A Mental Approach to Sports and Business

By Mike Margolies

Headwaters Publications. Paperback. Book Condition: New. Paperback. 166 pages. Dimensions: 9.1in. x 6.1in. x 0.5in. When it comes to being successful how well are you playing the Game within the Game? Want to be a World-Class Athlete in your business and personal pursuits? The same core principles (e. g. Motivation, Confidence, Relaxation, Visualization) that make stars of committed athletes, apply to developing true business acumen and success. Do you understand the difference between external and internal motivation? Do you know how to apply the right kind of focus to achieve goals? Do you have what it takes to stay the course in the tough spots and in the 11th hour? Ultimately, if we are to succeed with more control and under stress, we must learn that it is more important to be able to push our own button, than to rely on others to do it for us. Mental self-mastery has been the focus of Mike Margolies' work as a coach, counselor, teacher, trainer, sport psychology and performance consultant for over 30 years. Athletes from professional football to elite level figure skating and every sport in between have been seeking out Mike Margolies as the Sport Psychology and Performance Consultant he...

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