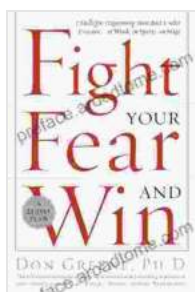


7 Skills for Peak Performance Under Pressure in All Arenas of Life

Do you find yourself feeling anxious, overwhelmed, or stressed when you're under pressure? Do you feel like your performance suffers when the stakes are high? If so, you're not alone. Many people struggle to perform their best under pressure. But it doesn't have to be that way.



Fight Your Fear and Win: Seven Skills for Performing Your Best Under Pressure--At Work, In Sports, On Stage by Don Greene

★★★★☆ 4.6 out of 5

Language : English
File size : 1056 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 240 pages



In his book, "Seven Skills for Performing Your Best Under Pressure," Dr. Patrick Cohn shares a proven framework for performing your best under pressure. Dr. Cohn is a world-renowned performance coach who has worked with athletes, musicians, business leaders, and other high-achievers to help them perform their best under pressure.

In "Seven Skills for Performing Your Best Under Pressure," Dr. Cohn identifies seven essential skills that are necessary for peak performance

under pressure. These skills are:

1. **Focus:** The ability to stay focused and avoid distractions, even when the pressure is on.
2. **Calmness:** The ability to stay calm and composed under pressure, even when things are going wrong.
3. **Confidence:** The belief in your ability to perform your best under pressure.
4. **Preparation:** The ability to prepare thoroughly for any situation, so that you can feel confident and ready to perform.
5. **Resilience:** The ability to bounce back from setbacks and adversity, and to keep moving forward.
6. **Communication:** The ability to communicate effectively with others, even when the pressure is on.
7. **Leadership:** The ability to lead and inspire others, even when the pressure is on.

Dr. Cohn provides detailed instructions on how to develop each of these skills. He also includes exercises and worksheets that you can use to practice these skills in your own life.

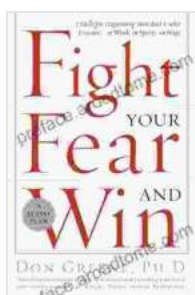
"Seven Skills for Performing Your Best Under Pressure" is an essential resource for anyone who wants to improve their performance under pressure. Whether you're an athlete, a musician, a business leader, or a student, this book can help you to achieve your peak performance.

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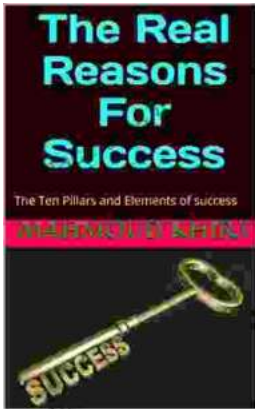
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