

# **Executive Toughness The Mentaltraining Program To Increase Your Leadership Performance**

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Executive Toughness The Mentaltraining Program Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance Hardcover – November 24, 2011 by Jason Selk (Author) Executive Toughness: The Mental-Training Program to ... Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance Paperback – July 4, 2018. by. Jason Selk (Author) > Visit Amazon's Jason Selk Page. Find all the books, read about the author, and more. Executive Toughness: The Mental-Training Program to ... Fortunately, mental toughness is something anyone from any walk of life can learn. Director of mental training for the St. Louis Cardinals and a top-tier executive coach, Dr. Jason Selk is an expert on teaching people how to develop the mental toughness needed to attain their goals. Executive Toughness: The Mental-Training Program to ... Executive Toughness takes you through the steps of making these critical behaviors part of your everyday routine. Practice your accountability, focus, and optimism, and you'll be on the path to attaining your goals; make them part of your mental "DNA," and there will be no turning back--ever. Executive Toughness: The Mental-Training Program to ... Executive Toughness outlines the three fundamentals for attaining high-level success: ACCOUNTABILITY—admit to mistakes, correct them, and, most important, learn from them FOCUS—on your strengths, on winning, on reaching your goal . . . for only 100 seconds per day OPTIMISM—don't just believe you can succeed, know

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