10

The Science of Winning and Losing



Po Bronson & Ashley Merryman

New York Times Bestselling Authors of NurtureSbook

Top Dog The Science Of Winning And Losing

Alan Stein, Jon Sternfeld

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to act powerful As you ll learn in this life changing book practice might make perfect but perfection is useless if you can t summon it when it counts Pulling off a great speech or the pivotal at bat also requires the right kind of mental preparation In Psyched Up journalist Daniel McGinn dives into the latest psychological research and interviews athletes soldiers entertainers and others who despite years of practice and enviable track records will ultimately be judged on their ability to delivera solid performance when it s their turn to shine For instance he reveals How Jerry Seinfeld's jacket and Stephen Colbert's pen help them get laughs What General Stanley McChrystal said to Special Forces before they entered the battlefield Why the New England Patriots hired the DI from the Red Sox to help them win Among other counterintuitive insights McGinn reveals why trying to calm your backstage jitters can be worse for your performance than channeling it into excitement how meaningless rituals can do more to prepare you in the final moments than last minute rehearsal and how a prescription from your doctor could help you unleash your best skills Whether you re a sportsperson or a salesperson an actor or an entrepreneur one bad hour can throw away months of hard work There's so much conflicting popular advice that we often end up doing the wrong things McGinn separates the facts from the old wives tales and shares new research driven strategies for activating your talent optimizing your emotions and getting psyched up to take the spotlight Rafi Kohan, 2023-12-05 Men s Health Notable Nonfiction Book of 2023 Winner Most Original Book of 2024 Non Obvious Book Awards Most Memorable Books of 2024 Books it s perhaps the original sport But until now there s never been a book about it In this lively often hilarious history Rafi Kohan interviews some of the world's top competitors on the petty rivalries and mind games that fuel them He talks to point guards and soccer strikers cricketers and insult comedians forming a theory along the way about the surprising and influential role that name calling plays in our world Brilliantly original and wide ranging Trash Talk is a book for sports fans culture mavens or anyone looking to get an edge High Performance Habits Brendon Burchard, 2017-09-19 THESE HABITS WILL MAKE YOU EXTRAORDINARY Twenty years ago author Brendon Burchard became obsessed with answering three questions 1 Why do some individuals and teams succeed more quickly than others and sustain that success over the long term 2 Of those who pull it off why are some miserable and others consistently happy on their journey 3 What motivates people to reach for higher levels of success in the first place and what practices help them improve the most After extensive original research and a decade as the world's leading high performance coach Burchard found the answers It turns out that just six deliberate habits give you the edge Anyone can practice these habits and when they do extraordinary things happen in their lives relationships and careers Which habits can help you achieve long term success and vibrant well being no matter your age career strengths or personality To become a high performer you must seek clarity generate energy raise necessity increase productivity develop influence and demonstrate courage The art and science of how to do all this is what this book is about Whether you want to get more done lead others better develop skill faster or dramatically increase your sense of joy and confidence the habits in this book will help you achieve it faster Each of

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defiant youth navigate the daily 10 hour sojourn through a rural community delivering bread to fourteen communities Guarded defiant and angry EDY is confident he can navigate the 16 week punishment with minimal engagement so that he may return to his free wheeling self absorbed lifestyle Bread man on the other hand is not easily provoked or irritated Through strained conversations they eventually discover they share similar journeys The Bread Wagon serves as a space where a mentor and reluctant learner eventually uncover their shared angst How to be a Happier Parent KI Dell'Antonia, 2020-06-02 An encouraging guide to helping parents find more happiness in their day to day family life from the former lead editor of the New York Times Motherlode blog In all the writing and reporting KJ Dell Antonia has done on families over the years one topic keeps coming up again and again parents crave a greater sense of happiness in their daily lives In this optimistic solution packed book KJ asks How can we change our family life so that it is full of the joy we d always hoped for Drawing from the latest research and interviews with families KJ discovers that it's possible to do more by doing less and make our family life a refuge and pleasure rather than another stress point in a hectic day She focuses on nine common problem spots that cause parents the most grief explores why they are hard and offers small doable sometimes surprising steps you can take to make them better Whether it's getting everyone out the door on time in the morning or making sure chores and homework get done without another battle How to Be a Happier Parent shows that having a family isn t just about raising great kids and churning them out at destination success It s about experiencing joy real joy the kind you look back on look forward to and live for along the way

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