

Managing The Mental Game: How To Think More Effectively, Navigate Uncertainty, And Build Mental Fortitude By Jeff Boss Learn the most effective path to building mental fortitude The lessons and techniques presented in this book are essential reading for anyone seeking greater success and peak performance.



In this concise guide to building mental toughness executive coach and former Navy SEAL Jeff Boss teaches a blend of unique mental training methodologies he used to perform optimally in the most adverse conditions. With a client list that ranges from high potentials to top executives Jeff demonstrates how to pave the way for breakthrough potential by sharing over 22 mental exercises for dealing with overwhelm. Managing The Mental Game: How To Think More Effectively Navigate Uncertainty And Build Mental Fortitude The book is written in a clear concise fashion with practical advice on how to improve you're mental game to perform to a higher level more consistently. Managing The Mental Game: How To Think More Effectively Navigate Uncertainty And Build Mental Fortitude the author breaks down all aspects and its method of managing the mental game I knew half of the methods since I do my own research but it still is a great book. It's specially good for beginners like me helps you really understand how to train your mind to be better Managing The Mental Game: How To Think More Effectively Navigate Uncertainty And Build Mental Fortitude.

. Why understanding the mind is the smartest thing you can do 2, The 3 types of focus and why mastering them is fundamental to success 4: Learn how to deal with uncertainty and not by stymied by fear 5, Learn the 3 pitfalls of uncertainty so you can anticipate and avoid them 6, Become proficient in replacing negative thoughts with positive ones 9, Create more productive thinking habits by understanding thought architecture 10. This is a how-to manual for enhancing your self-belief self-confidence and mental toughness as a means of reaching new levels of success no matter your profession: Jeff's unique WYSIWYG (what you see is what you get) style of writing makes the science of mental toughness easy to read and relatable, He shares personal stories of how he used these mental frameworks to endure BUD/S (Navy SEAL Training) and other unfathomable challenges. This Kindle book is powerful—but only to the degree that you—the reader—are willing to proactively put forth the focus to be the person you want to be. Managing the Mental Game will be PACKED with practical exercises you won't find anywhere else, For the price of two cups of coffee you'll learn exactly what it takes to build the mental fortitude you need to adapt to change: Specifically whether it be on the playing field in business or life in general. Whatever your personal endeavor may be whatever challenge you may be facing; these lessons will prepare you to move forward and to excel in a powerful way. Reach new levels of personal success and performance as you learn practice and apply these powerful concepts and proven techniques, Managing The Mental Game: How To Think More Effectively Navigate Uncertainty And Build Mental Fortitude Very inspiring This book was a recommended read. There are some great life tools presented in an easy to understand method. The final quarter of the book however feels like it drops off a cliff a little as the author seems in a huge rush to finish. Managing The Mental Game: How To Think More Effectively Navigate Uncertainty And Build Mental Fortitude I loved how solid this book has ended in its last

two chapters: □□ Managing The Mental Game: How To Think More Effectively Navigate Uncertainty And Build Mental Fortitude Great book[1]

You'll learn: 1. Learn the 4 Mental Traps and How To Avoid Them 3. The truth about managing uncertainty 7. Learn the neuroscience of change 8. 22 exercises for dealing with overwhelming pressure 11. I'm very happy to have read it. Enjoyable book that I will refer back to. Love it