



The Game Plan: Your Guide to Mental Toughness at Work

Steve Bull

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"Steve Bull is a true expert in his field. Anyone interested in winning will profit from his experience and knowledge."

—Andrew 'Freddie' Flintoff

"Steve Bull's ideas and techniques will equip anyone in business with a game plan for acquiring the winning edge."

—From the Foreword by Michael Vaughan

Mental toughness goes hand in hand with success and yet it is often misunderstood. True mental toughness is about preparation, resilience, control, risk management and above all execution. So, how do you utilise this elusive but critical attribute? By starting with a "game plan."

The Game Plan is about winning. More importantly, it's about you winning. It's about how you can create a personal performance environment that enables you to deliver at the crucial times. The Game Plan explores different types of mental toughness and examines how each one can give you the platform for significantly increased levels of self-confidence and resilience. Learn the easy-to-apply lessons that have created an environment of success for a host of world-beating performers in the business world and beyond. Imagine being able to apply a winning performance mindset to everyday work situations such as:

- Making presentations razor sharp
- Wowing new clients
- Being in control during performance appraisals
- Staying cool during even the most hectic and pressurized days
- Maintaining your self-belief even when things go wrong
- Making the right decision at the right time.

Read and learn from *The Game Plan* and you will have at your fingertips a robust strategy to give you the edge over your closest competitors and the very best chance of success.

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Mary Bunch:

A lot of people always spent all their free time to vacation or maybe go to the outside with them family or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity that's look different you can read any book. It is really fun to suit your needs. If you enjoy the book that you just read you can spent all day every day to reading a reserve. The book *The Game Plan: Your Guide to Mental Toughness at Work* it is quite good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. If you did not have enough space to develop this book you can buy the particular e-book. You can m0ore quickly to read this book out of your smart phone. The price is not too costly but this book offers high quality.

Clifford Stoner:

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Myra Hackett:

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