

## Executive Toughness The Mental Training Program To Increase Your Leadership Performance Jason Selk

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**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 ...**

Buy Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance Updated by Selk, Jason (ISBN: 9781260135305) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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Executive Toughness outlines the steps for attaining high-level success:•Accountability?truly develop a "no-excuse" mentality•Focus?significantly increase attention, focus and confidence•Optimism?recognize and redirect thoughts patterns for increased execution and performance By incorporating these steps into your daily life, you'll be on the path to attaining your goals.

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Executive Toughness is designed to help you build and strengthen the three traits all highly successful people share: accountability, focus, and optimism. Here is a brief rundown of the program's 10 fundamentals. Know What You Want and Who You Are. The first two Executive Toughness fundamentals are about how you define success for yourself.

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Dr. Jason Selk is the bestselling author of 10-Minute Toughness, director of mental training for the St. Louis Cardinals, and an executive coach.

**Executive Toughness: The Mental Training Program to ...**

Executive Toughness The Mental-Training Program to Increase Your Leadership Performance. Executive Toughness is the step-by-step plan that will guarantee to develop mental toughness and produce results in business and in life. People with inborn talent may be good at what they do—but only the mentally tough reach the highest plateaus in their field.

**Executive Toughness - Enhanced Performance - Jason Selk**

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.

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The "executive toughness" to which the title of Selk's book refers is essentially the same strength found in peak performers in all other human activities. But as Coach Wooden would be the first to add, human greatness also involves strength of spirit and, even more essentially, strength of character.

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