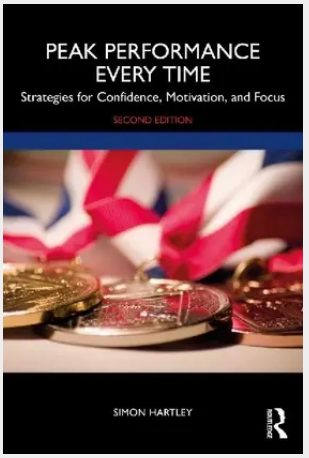
Hartley

Peak Performance Every Time

Strategies for Confidence, Motivation, and Focus

Most people have good days…and not so good days. When they step back and ask what makes the difference, many conclude that it's that stuff that happens between their ears. So, how do we engineer our mindset? How do we get our mental game right, so that we can perform at our best, consistently? Peak Performance Every Time provides readers with a detailed look into how to build the critical components of a great mental game. It will help them to hone their focus, control their confidence, master motivation and deliver their best 'under pressure'. In short, it will help deliver peak performance, every time. The book provides a practical guide to performance psychology, based on approaches and methods that have been tried and tested in the demanding world of elite sport. In addition to applied practice, it provides real life examples and case studies from both elite sport and business, plus the underpinning theory and research. This book will be invaluable to anyone trying to reach their full potential, in particular athletes, coaches, managers and executives. It may also be of interest to sports psychology, management and business students.

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