

The Only Way To Win Jim Loehr

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The Power of Full Engagement James E. Loehr 2005-01-03 A personal energy training program outlines strategies on how to prevent burnout and improve productivity, discussing such areas as how to work with four key sources of energy, balancing stress and expanding capacity, and implementing positive routines. Reprint. 60,000 first printing.

The Power of Staying Power Jim Loehr 2008-10-07 Outlines a strategy for personal success that explains how readers can adjust the plot of their life stories to promote goals and change how they are seen by others. By the author of *The Power of Full Engagement*. 35,000 first printing.

What Drives Winning? Jim Loehr 2016-04-30

Burn Your Goals: The Counter Cultural Approach to Achieving Your Greatest Potential Jim Loehr 2015-06-24 Our counter cultural approach to mental training has helped transform leaders in sports, business, and education. The stories, strategies, and insights within will leave you encouraged and inspired. If you are looking for a quick fix, look somewhere else. If you are looking to achieve your greatest potential on the journey of life, you have come to the right place.

Before Happiness Shawn Achor 2015-10-15

Net Results James E. Loehr 1988-12-01 Nearly 100,000 youngsters compete yearly in tennis tournaments. The pressure is intense for the players and their parents. *Net Results* explores parental problems, providing a program where parents can help insure their child's success. 16 pages of photos.

Leading with Character Jim Loehr 2020-09-23 PRAISE FOR LEADING WITH CHARACTER "Leading with Character can help you sharpen and define your potential legacy and, in the course of doing that, will make you a better leader in all aspects of your life." —CHIP BERGH, CEO, Levi Strauss & Co. "As a fan of Dr. Loehr's for over twenty years, I have been amazed by the continued evolution of his concepts while maintaining the initial building blocks he identified over thirty years ago. *Leading with Character* provides us with the source code required to define our own self-determined purpose while extending our thinking beyond ourselves to incorporate a more fulfilling concern for others." —PETER SCATURRO, former CEO of U.S. Trust, Partner at Goldman Sachs, Managing Partner at PKS Group "As a journalist, I've been interviewing and writing about business leaders for four decades now. I firmly believe something has changed profoundly in the last five to ten years. Business leadership has become less about getting the job done and more about setting example; less about articulating a detailed strategy, more about setting values, directions, and guard rails. As a result, character becomes much more important. People want to work for someone whom they view as a moral leader, and they will model his or her behavior. The radical transparency of today's world means they will quickly see through leaders who are not who they claim to be and identify those who are. Character becomes critical." —ALAN MURRAY, CEO, Fortune Media Corporation "The unprecedented challenges of the twenty-first century demand leaders of every stripe who share one common attribute—a strong character and honor. After a half-century of studying and coaching world-class performers in all walks of life, this special book is Jim Loehr's magnum opus. His rigorous training program applies the modern science of human performance to the classical wisdom of character development. This practical guide is for those who have the courage and perseverance to follow this proven path to a life of fulfillment by becoming your best self. If you are up for the challenge, read this book, turn off social media, and get to work." —CAPTAIN GEORGE DOM, USN (Ret.), former commanding officer and flight leader of the Navy's Blue Angels

In a Pit with a Lion on a Snowy Day Mark Batterson 2016 "Featuring all-new bonus material!"--Cover.

The Corporate Athlete Jack L. Groppe 1999-12-28 Shows how executives can achieve optimum success at work by focusing on a program advocating self-improvement through mental and physical fitness

The 5 Second Rule Mel Robbins 2017-02-28 Throughout your life, you've had parents, coaches, teachers, friends, and mentors who have pushed you to be better than your excuses and bigger than your fears. What if the secret to having the confidence and courage to enrich your life and work is simply knowing how to push yourself? Using the science habits, riveting stories and surprising facts of some of the most famous moments in history, art and business, Mel Robbins will explain the power of a "push moment." The 5 Second Rule will give you one simple tool you can use to become your greatest self. It takes just five seconds to use this tool, and every time you use it, you'll be in great company. More than 8 million people have watched Mel's TEDx Talk, and executives inside of the world's largest companies are using the tool to increase productivity, collaboration, and engagement. In *The 5 Second Rule*, you'll discover it takes just five seconds to: Become confident Break the habit of procrastination and self-doubt Beat fear and uncertainty Stop worrying and procrastinating Happier Share your ideas with courage *The 5 Second Rule* is a simple, one-size-fits-all solution for the one problem we all face: ourselves. The secret isn't knowing what to do—it's knowing how to make yourself do it. p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font-size: 12.0px; font-family: Arial}

On Form Jim Loehr 2011-01-25 Four forms of energy pulse through each of us at all times: physical, emotional, mental and spiritual. To thrive, we must recruit all four of these energies in the service of a specific mission. To be fully engaged means to be physically, emotionally, mentally and spiritually engaged.

energized, emotionally engaged, mentally focused, and spiritually vested. Jim Loehr and Tony Schwartz draw on 30 years of research and experience with thousands of world-class athletes, FBI hostage rescue teams, emergency service workers, and corporate executives who must sustain high performance in the face of pressure. In this book they offer their precise understanding of how to help individuals and organizations manage energy to drive full engagement -- along with a step-by-step programme to make that happen. **Win at Losing** Sam Weinman 2016-12-20 An engaging, inspiring exploration of the surprising value of setbacks—and how we can use them to succeed As an award-winning sports journalist, Sam Weinman has long studied the ripple effects of losing. But as a father of two competitive boys, he struggled to convince them that failing—whether losing a hockey game or bombing a math test—was a critical part of success. So he sought out the perspectives of men and women who have turned significant setbacks into remarkable comebacks—and sometimes even new careers—to illustrate how we can not only overcome defeat but grow stronger from it. Blending firsthand interviews and advice from professional athletes, business executives, politicians, and Hollywood stars with psychological analysis from leading psychologists and coaches, *Win at Losing* reveals how renowned figures—from Emmy Award-winning actress Susan Lucci to golfer Greg Norman and politician Michael Dukakis—have prevailed and even triumphed in the aftermath of loss, humiliation, and rejection. In showcasing the ways our most difficult moments can be turned into powerful growth opportunities, this lively and moving guide asks readers to redefine what constitutes success and failure, and offers an essential blueprint for harnessing the power of setbacks to achieve what we want in life.

The Art of Learning Josh Waitzkin 2008-05-27 An eight-time national chess champion and world champion martial artist shares the lessons he has learned from two very different competitive arenas, identifying key principles about learning and performance that readers can apply to their life goals. Reprint. 35,000 first printing.

The Best Tennis of Your Life Jeff Greenwald 2007-11-27 Play with Freedom...And Win More! *The Best Tennis of Your Life* is an inspirational and practical guide that will help players of all levels finally master the mental game. Author Jeff Greenwald draws on his unique background as a world-class player, sports psychology consultant, psychotherapist, and former coach to provide you with tools you can immediately apply in any match situation. This comprehensive guide will show you how to: • Embrace nerves and even better under pressure • Maintain confidence to win more consistently • Develop a pin-point focus • Access an ideal level of intensity • Play with a renewed sense of passion and freedom Why wait any longer to play the best tennis of your life? Get to the edge with this invaluable resource and watch your game soar.

Mentally Tough James E. Loehr 1988-03-15 Sport Psychologist Dr. Jim Loehr and marketing consultant Peter McLaughlin outline techniques that can be used to achieve the mental toughness displayed by professional athletes. They take these techniques—visualization, motivation, performance ritual, breath control, and more—and demonstrate how they can be effectively applied in the business world. Mental toughness allows anyone to overcome stress, anger, fatigue, petty problems and workload so they can accomplish their goals, unlock their boundless physical and mental energy and be focused, relaxed and confident in the workplace. Techniques outlined in this book allow anyone to hone their mental toughness and succeed in today's tough business world.

The A Player Rick Crossland 2017-01-03 We all understood As, Bs and Cs in school. Do you know what it takes to be an A Player in business? *The A Player* shows us how.

The 33 Strategies of War Robert Greene 2010-09-03 The third in Robert Greene's bestselling series is now available in a pocket-sized, concise edition. Following *48 Laws of Power* and *The Art of Seduction*, here is a brilliant distillation of the strategies of war and wage triumphant battles everyday. Spanning world civilisations, and synthesising dozens of political, philosophical, and religious lessons, *The Concise 33 Strategies of War* is a guide to the subtle social game of everyday life. Based on profound and timeless lessons abundantly illustrated with examples of the genius and folly of everyone from Napoleon to Margaret Thatcher and Hannibal to George S. Grant, as well as diplomats, captains of industry and Samurai swordsmen.

The Only Way to Win Jim Loehr 2012-05-08 Why Winning with Character Is the Only Way to Win The conditioning begins early in our lives. Great achievements will bring lasting happiness and fulfillment; great achievements form the bedrock of stable self-esteem and strong character; great achievements will become the foundation for a successful life. If these well-intentioned promises don't come true, why does winning never seem to be enough? In *The Only Way to Win*, Jim Loehr draws upon two decades of work with Fortune 500 executives; world-class athletes such as Monica Seles, Dan Jansen, and Eric Lindros; and other high achievers at the Human Performance Institute (HPI) to reveal surprising insights about achievement motivation. Specifically, Loehr finds that the blind pursuit of external achievement often results in emptiness, addiction, and, ironically, poor performance. It's not really about what you achieve, he argues, it's about who you become as a consequence of the chase. As Loehr powerfully demonstrates, success at work and in life require a complete re-purposing of achievement, one where value is derived from growth in areas such as integrity, honesty, gratefulness, humility, optimism, and compassion. To help readers start this process, he provides them with the tools they need to develop these character traits, as well as the plan they need to use them effectively. A compelling, practical, and hopeful read, with relatable stories and useful exercises, *The Only Way to Win* will serve as a powerful wake-up call for business leaders, employees, teachers, and coaches. It will also provide inspiration for readers looking to perform better, achieve more, and change both their own lives and those of the people they influence. Jim Loehr is a world-renowned performance psychologist, co-founder of the Human Performance Institute, and author of fifteen books, including his most recent, *The Power of Story*. He also co-authored the number one bestseller *The Power of Full Engagement*.

The 100 Biggest Mistakes that Poker Players Make Alexander Fitzgerald 2022-08-18 Poker players make mistakes. All the time. And the mistakes they make are predictable and exploitable. The problem is, most people don't know what these mistakes are! Now, in this book, the highly experienced professional player and leading poker coach, Alexander "Assassinato" Fitzgerald identifies and analyzes the 100 BIGGEST mistakes that poker players make. Your opponents are certainly perpetuating these errors but you are also making some of them too. This book shows you how to identify and fix these leaks in your own game and also how to exploit the mistakes of other players who are making them. If you can avoid the 100 biggest mistakes that poker players make then you will be 99% of the way to becoming a professional.

towards NL Hold'em excellence. Over a period of 15 years, Alex Fitzgerald has taught literally thousands of poker students. He understands better than anyone the typical mistakes that are made and how to exploit them. He also has a gift for clear and concise explanations. When Alex tells you something – it is easy to remember.

The Only Way to Win Jim Loehr 2012-05-15 The conditioning begins early in our lives. Great achievements will bring lasting happiness and fulfillment; great achievements form the bedrock of stable self-esteem and strong character; great achievements become the foundation for a successful life. If these well-intentioned promises are true, why does winning never seem to be? The Only Way to Win, Jim Loehr draws upon two decades of work with Fortune 500 executives; world-class athletes such as Andre Seles, Dan Jansen, and Eric Lindros; and other high achievers at the Human Performance Institute (HPI) to reveal surprising insights about achievement motivation. Specifically, Loehr finds that the blind pursuit of external achievement often results in emptiness, addiction, and, ironically, poor performance. It's not really about what you achieve, he argues, it's about who you become as a consequence of the chase. From the bestselling author of *On Form*, comes a compelling, practical, and hopeful read filled with relatable stories and useful exercises. *The Only Way to Win* will serve as a powerful wake-up call for business leaders, employees, teachers, and coaches. It will also provide inspiration for readers looking to perform better, achieve more, and change both their lives and those of the people they influence.

Mental Toughness Training for Sports Jim E. Loehr 1986

Stress for Success Jim E. Loehr 1998 renowned motivational coach of world-class athletes turns his attention to those in the corporate world. In *Stress for Success*, business people get a practical, performance-based program to strengthen their physical and emotional resilience. Loehr's 30-day program shows readers how to gradually make the kind of personal lifestyle change that will bring about the kind of high-level performance demanded of people at every level of the corporation. From the Hardcover edition.

How to Tell a Joke Marcus Tullius Cicero 2021-03-30 "Everyone knows that Marcus Tullius Cicero was one of the great statesmen, lawyers, and effective orators in the history of Rome. But did you also know he was regarded as one of the funniest people in society as well? Five hundred years after his death, in the twilight of antiquity, the writer Macrobius ranks him alongside the playwright Plautus as the one of the two greatest wits ever. In this book, classicist Michael Fontaine, proposes to translate from Cicero's great rhetorical treatise, *On the Ideal Orator (De Oratore)*. That larger work covered the whole of rhetoric and public speaking and debate. However, contained within it, is a long section focused on the effective use of humor in public speaking. In it, Cicero is concerned not just with various kinds of individual jokes, but with jokes that are advantageous in social situations. He advises readers on how to make the most effective use of wit to win friends, audiences, and achieve their overall ambitions. He also teaches his readers how to tell a joke without looking like a buffoon, and how to prevent or avoid jokes from backfiring. He gives scores of examples of jokes—some of which are timeless and translate easily, others that involve puns in Latin that challenge the translator's creativity. But overall, this work brings to the fore a little known, but important part of Cicero's classic work." -

Growing Influence Ron Price 2018-09-18 Leadership is about influence? Emily is a career-driven thirtysomething with big ambitions and a young family. She is making an impact as a leader at a tech company, but after being passed up for multiple promotions finds herself at a loss for how to improve. Fate answers her in the form of a kind—and surprisingly direct—older man in a corner. A well-respected CEO before he retired, David has deep and rich leadership knowledge. Emily needs direction, and David is the perfect mentor. *Growing Influence* offers readers both practical advice on how to develop leadership skills and a relatable account of one woman's growth by applying the principles in the book. Unlike nonfiction business books or business memoirs, this story is a fable that is both impactful and transformative.

Get Motivated! Tamara Lowe 2009-01-27 Motivated people advance further and faster in their careers, earn more money, are more productive, experience more satisfying relationships and are happier than the less-motivated people around them. But true motivation cannot be faked or forced. In the same way that each person has a different fingerprint and a distinct combination of DNA, each individual is hardwired with a unique motivational matrix. Grounded in eight years of research with more than 100,000 people, this book reveals how to decode your Motivational DNA for maximum achievement. Whether you are an individual seeking to realize your personal goals or a leader looking to motivate your team, *Get Motivated!* will show you how to overcome any obstacle, achieve your goals, and accelerate your success. For more than twenty years motivational expert Tamara Lowe has produced the largest business success program in the world, inspiring peak performance in millions. In *GET MOTIVATED!* she unveils a new system that shows you: How to Decode Your Motivational DNA How to Hire the Motivated and Motivate Those You've Hired Easy Ways to Deal with Difficult People The Formula for Beating Stress While Meeting Deadlines How to Raise Positive, Self-Motivated Children How to Kick Your Team's Performance—and Your Profits—into High Gear

You Can Change Other People Howie Jacobson 2021-09-15 Discover how to change the lives of the people around you In *You Can Change Other People*, the world's #1 executive coach, Peter Bregman, and Howie Jacobson, Ph.D., share the Four Steps to help you and the people around you make positive change — even if they've been stuck for years. The authors rely on over 50 years of collective professional experience to show you exactly what to say to influence those around you for the better. Changing the way you think will stop you from being perceived as a critic, and turn you into a welcomed and effective ally. You'll learn how to: Disarm their defensiveness and increase their confidence to act Turn people's biggest problems into even bigger opportunities Ensure accountability and follow through without making them dependent on you No one wants to be changed; but change and personal growth are the keys to success, and more importantly, to a fulfilled life. *You Can Change Other People* is a must-read for those who want to improve their impact with co-workers, family members, and everyone in between.

Breathe In, Breathe Out James E. Loehr 1999 Argues that controlled breathing can help reduce stress, ease childbirth, lose weight, lower blood pressure, control pain, and break habits

Energy Leadership Bruce D. Schneider 2010-12-16 In *Energy Leadership*, renowned coach Bruce D. Schneider teaches how to understand the most important personal resource of all -- energy, and shows how to harness it to achieve success in the workplace

home, and in the world at large. This engaging and fast-paced story clearly explains how managers and leaders from all walks of life can use the principles of Energy Leadership to inspire themselves and others to achieve extraordinary results in whatever they do. The author provides insight into a cutting edge coaching process he has developed, which has positively impacted the lives of tens of thousands of people in both the corporate and private sectors. You will learn how to: Recognize the seven distinct levels that lead to understanding why everyone thinks and acts the way they do, in life and specifically within the workplace. Distinguish true leaders from those who deplete the energy of the people around them, and specific techniques to shift energy levels to inspire peak performance. Become powerful leaders who motivate themselves and others to reach their true potential. Identify the Big Four Blocks and discover proven techniques and strategies for overcoming these and other obstacles to success. Develop the ability to tap into your internal energy to meet any leadership challenge, and use this newfound power to inspire respect, confidence, and loyalty in others. You always try to inspire others but sometimes feel like something's missing, something is. Energy Leadership puts you in touch with the missing link between your ambitions and your ability to achieve them.

10-Minute Toughness Jason Selk 2008-10-05 "10-Minute Toughness is a solid mental training program. In fact I feel it is the best of its kind. . . . [It's] what the title says: ten minutes a day that connects your talents and abilities to the outcome you're seeking." --retired NFL player looking forward, I can see as many applications for the toughness Jason Selk's program brought out of me in the business world as there were on the football field." --Jeff Wilkins, Former NFL Pro Bowl Kicker "The mental side of the game is extremely important. 10-Minute Toughness helps the players develop the mental toughness needed for success; it really makes a difference." --Walt Jocketty, General Manager of the 2006 World Champion St. Louis Cardinals "Jason Selk has spent a tremendous amount of time and energy developing effective mental-training programs and coaches workshops. He is truly committed to helping individuals and teams to perform at their very best, when it really counts." --Peter Vidmar, Olympic Gold Medalist Mental training is a must for high performance both on the field and off. But simply hoping for mental toughness isn't going to build any mind muscle. You need a proven routine of daily exercises to get you where you want to go. 10-Minute Toughness is your personal coach for brainpower and achieving a competitive edge in whatever game you play. With quickness and ease, you'll learn how to master your mind and psych out your opponents using personalized techniques from one of America's most successful sport psychologists. Like no other program available, the 10-Minute Toughness (10-MT) routine gets you ready for the competition in just ten minutes a day.

The Mamba Mentality Kobe Bryant 2018-10-23 The Mamba Mentality: How I Play is Kobe Bryant's personal perspective of his life and career on the basketball court and his exceptional, insightful style of playing the game—a fitting legacy from the late Los Angeles Laker superstar. In the wake of his retirement from professional basketball, Kobe "The Black Mamba" Bryant decided to share his knowledge and understanding of the game to take readers on an unprecedented journey to the core of the legendary "Mamba Mentality." Citing an obligation and an opportunity to teach young players, hardcore fans, and devoted students of the game to play it "the right way," The Mamba Mentality takes us inside the mind of one of the most intelligent, analytical, and creative players ever. In his own words, Bryant reveals his famously detailed approach and the steps he took to prepare mentally and physically to not just succeed at the game, but to excel. Readers will learn how Bryant studied an opponent, how he channeled his past experiences, how he played through injuries. They'll also get fascinating granular detail as he breaks down specific plays and matchups from throughout his career. Bryant's detailed accounts are paired with stunning photographs by the Hall of Fame photographer Andrew D. Bernstein. Bernstein, long the Lakers and NBA official photographer, captured Bryant's very first NBA photo in 1996, his last in 2016—and hundreds of thousands in between, the record of a unique, twenty-year relationship between one athlete and one photographer. The combination of Bryant's narrative and Bernstein's photos make The Mamba Mentality an unprecedented look behind the curtain at the career of one of the world's most celebrated and fascinating athletes.

The A Player Rick Crossland 2017-01-27 Nothing is more important to your success than the quality of your team. In fact, they go hand in hand. Whether you are a CEO, senior executive, manager or an employee looking to raise his or her performance, "The A Player" is packed with proven strategies to get you to A Player status. Businesses filled with A Players are not only more profitable, but able to share in that prosperity, but those A Players are happier and lead more purpose-filled lives as well. "The A Player" will show everyone on your team the required steps to achieve and sustain A Player performance and lead the charge in creating remarkable results both personally and professionally.

Solid Ground: A Foundation For Winning In Work and In Life Tom Lewis 2020-03-30 SOLID GROUND shatters the popular myths about success in today's culture about how to create a successful life and career. Tom Lewis offers both a road map and a compass for finding your True North. Following these principles will not only put you on SOLID GROUND, it will significantly improve your chances of finding success and happiness. TOM LEWIS is an award-winning entrepreneur and philanthropist who overcame career setbacks, tough competition, and a life-threatening illness to reach the pinnacle of success – and more importantly – fulfillment. He shares his story and his advice in this very personal and profound book. Ten years from now you will thank yourself for reading this book. It will change the trajectory of your life.

The Mental Game James E. Loehr 1990 From the author of Mental Toughness Training for Sports comes a collection of columns originally written for World Tennis magazine on playing "the mental game".

Your Business is a Leaky Bucket Howard M. Shore 2017-09-06 Using the metaphor of a "Leaky Bucket," Howard Shore addresses the 15 most common issues in the areas of people, strategy, and execution that drain energy, direction, and profitability from even the best business. Shore provides a practical guide on how to effect change and ignite growth in the leadership team in order to achieve an organization's full potential. The principles outlined in this book lead to clear and purposeful direction, a stronger, invigorated leadership team, and maximum growth and revenue, all while reducing workplace drama.

UnSelling Scott Stratten 2014-09-29 UnSelling is about everything but the sell. We put all of our focus on the individual purpose of each transaction, while putting the rest of our business actions second. We've become blind to customer service, support, branding,

experiences and even product quality. Sixty percent of a purchasing decision is made before a customer even contacts you. . . . funnel vision, and it needs to stop. Unselling is about the big picture: creating repeat customers, not one-time buyers. Create clients that refer others, not faceless numbers. Becoming the go-to company for something, before they even need you. You use social media, but you can be connecting with your clients socially. Your video doesn't have to be viral in front of a million people; it's contagious in front of your specific market. Content, connection, engagement. It's time to separate from the pack of noise. [UnSell](#).

Toughness Training for Life James E. Loehr 1994-10 The bestselling author of *Mental Toughness Training for Sports* uses a practical, step-by-step approach that combines mental and physical conditioning with the latest scientific advances in nutrition to create body synergy that will help readers reinforce their immune systems, build energy levels, and toughen themselves up all around the clock.

The New Toughness Training for Sports James E. Loehr 1995-11-01 For nearly a quarter of a century, top sports psychologist James E. Loehr has been training world-class athletes, from Olympic gold medalist speed-skater Dan Jansen to tennis stars Monica Seles and Jim Courier. His bestselling book, *Mental Toughness Training for Sports*, is a classic. In *The New Toughness Training for Sports*, Loehr offers a toughness program that allows you to play at the very top of your game--every time. You'll learn how to trigger your Performance State (IPS) on demand and gain the heightened physical, mental, and emotional mind-body toughness so vital to top performance.

What I Know For Sure Oprah Winfrey 2014-09-02 As a creative force, student of the human heart and soul, and champion of the life you want, Oprah Winfrey stands alone. Over the years, she has made history with a legendary talk show - the highest-rated program of its kind, launched her own television network, become the nation's only African-American billionaire, and been awarded both an honorary degree by Harvard University and the Presidential Medal of Freedom. From all her experiences, she has gleaned life lessons—which, for fourteen years, she's shared in *O, The Oprah Magazine's* widely popular "What I Know For Sure" column, a monthly source of inspiration and revelation. Now, for the first time, these thoughtful gems have been revised, updated, and organized by theme—joy, resilience, connection, gratitude, possibility, awe, clarity, and power—these essays offer a rare, powerful, and intimate glimpse into the heart and mind of one of the world's most extraordinary women—while providing readers a guide to their best selves. Candid, moving, exhilarating, uplifting, and frequently humorous, the words Oprah shares in *What I Know For Sure* shimmer with the sort of truth that readers will turn to again and again.

Safe Tennis Jim Martz 2015-09-01 Correct preparation is important in all aspects of life, but if you fail to warm up properly before playing tennis it could land you in the hospital for weeks. Just look how often professional tennis players are getting injured and bringing an early end to a promising career?and consider that these athletes are in peak physical shape. So just imagine the damage you are putting yourself at when you venture out for your weekly tennis match. With images that illustrate the exercises to accompany each text, *Safe Tennis* teaches you how to avoid these injuries and how to properly prepare yourself with detailed warm-up plans and exercises that specifically strengthen you for the sport of tennis. This includes stretching exercises that are designed by physical therapists who specialize in sports medicine. You will also learn the correct way to cool down after your match because injuries can arise if you let your body cool too quickly. Without the worry of nagging injuries, your time on the court will be that much more enjoyable. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports?books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have the book you need about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletic sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, climbing, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work would otherwise find a home.

Unleashed Frances Frei 2020-06-02 The Power of Empowering Others Leadership isn't easy. It takes grit, courage, and vision to do other things, that can be hard to come by on your toughest days. When leaders and aspiring leaders seek out advice, they're often told to try harder. Dig deeper. Look in the mirror and own your natural-born strengths and fix any real or perceived career-limiting deficiencies. Frances Frei and Anne Morriss offer a different worldview. They argue that this popular leadership advice glosses over the most important thing you do as a leader: build others up. Leadership isn't about you. It's about how effective you are at helping other people—and making sure this impact endures even in your absence. As Frei and Morriss show through inspiring stories from ancient Rome to present-day Silicon Valley, the origins of great leadership are found, paradoxically, not in worrying about your own status and advancement, but in the unrelenting focus on other people's potential. *Unleashed* provides radical advice for the best leadership today. Showing how the boldest, most effective leaders use a special combination of trust, love, and belonging to create an environment in which other people can excel, Frei and Morriss offer practical, battle-tested tools—based on their work with companies such as Uber, Riot Games, WeWork, and others—along with interviews and stories from their own personal experience, to make these ideas come alive. This book is your indispensable guide for unleashing greatness in other people . . . and, ultimately, in yourself. To learn more, please visit theleadersguide.com.