

The book was found

# When The Pressure's On: The Secret To Winning When You Can't Afford To Lose

LOUIS S. CSOKA

## WHEN THE PRESSURE'S ON



THE SECRET TO WINNING WHEN  
YOU CAN'T AFFORD TO LOSE



## Synopsis

At the highest level of any pursuit, the difference between the two top performers in a contest is always mental. One holds it together - while the other falls apart. The same is true in business. Whether you are confronting a crisis, making a pitch, negotiating a deal, or facing a deadline, your mindset can give you the edge. When the Pressure's On brings peak performance principles to the boardroom, revealing five core mental skills that enable professionals to excel while under duress: Goal Setting - become mission-driven Adaptive Thinking - replace negative thoughts with positive ones Stress/Energy Management - keep your cool no matter what Attention Control - maintain focus despite distractions Imagery - see success before it happens. Together, the skills form the core of this complete brain-training program, packed with guidelines, examples, exercises, assessments, and the latest advances in biofeedback and neuroscience. By learning to harness the power of your mind, you'll achieve extraordinary results when it matters most.

## Book Information

Audible Audio Edition

Listening Length: 4 hours and 17 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Brilliance Audio

Audible.com Release Date: May 16, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01E0HXV7W

Best Sellers Rank: #329 in Books > Health, Fitness & Dieting > Psychology & Counseling > Occupational & Organizational #501 in Books > Medical Books > Psychology > Occupational & Organizational #2094 in Books > Audible Audiobooks > Health, Mind & Body > Psychology

## Customer Reviews

All of us can identify with a situation when someone has been knocked down (emotionally as well as physically) and seems unable to recover, to "get back up." • Some do, others don't, and reasons vary. Louis Csoka wrote this book in order to share what he has learned about how to cope with severe stress, especially when it cannot be avoided and those involved are not responsible for its causes. He identifies three options: 1. Opt out of the situation by quitting. 2. Attempt to eliminate the causes. 3. Improve response. For many people, #1 really isn't an option. They endure as best

they can and may â ” or may not - attempt to eliminate or alleviate the causes. Csoka recommends #3 and provides a wealth of information, insights, and counsel that can help almost anyone who reads this book to improve how they respond to severe stress. In this context, I presume to share a few thoughts of my own. First, stress is not necessarily bad. It can stimulate rather than debilitate and give focus to effort. Some people need deadlines. They are more productive if they know the dos and donâ™ts when attempting to complete the given task. The stress to which Csoka refers diminishes self-confidence, enthusiasm, energy, stamina, and worst of all, hope. Also, all of his recommendations take into full account the importance of decompression. Workplace burnout helps to explain why, on average, less than a third of employees in a U.S. company are actively and positively engaged. More than 70% are either passively engaged (âœmailing it inâœ), or actively disengaged, working to undermine the success of their company.

[Download to continue reading...](#)

When the Pressure's On: The Secret to Winning When You Can't Afford to Lose Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Pressure Cooker: Mouthwatering Pressure Cooker Recipes - Granny's Pick Size L Recipes Collections (Pressure Cooking, Pressure Cooker Books, Pressure Cooker Recipe Book, Pressure Cooker Dump Dinner) Pressure Cooker Cookbook: 3 In 1 Box Set - 310 Mouth-Watering and Healthy Pressure Cooker Recipes for Stove Top and Electric Pressure Cookers (Pressure Cooker, Pressure Cooker Recipes) The Financial Aid Handbook: Getting the Education You Want for the Price You Can Afford Cooking Under Pressure -The Ultimate Electric Pressure Recipe Cookbook and Guide for Electric Pressure Cookers.: New 2016 Edition - Now Contains 250 Electric Pressure Cooker Recipes. Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook) PRESSURE COOKER: The Ultimate Cookbook for Easy and Delicious Recipes (Pressure cooker cookbook, pressure cooking, easy meals, soups, electric pressure cooking) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High Blood Pressure) PRESSURE COOKER: Dump Dinners, Clean Eating and My Spiralized Box Set: Over 100 Delicious and Healthy Recipes For You And Your Family (Pressure Cooker, Pressure Cooker Cookbook) Ketogenic Pressure Cooker Recipes Box Set (3 in 1): Delicious Low Carb Instant Pot Pressure Cooker, Low Carb Donut, Low Carb Muffins Recipes (Instant Pot Pressure Cooker) The Unofficial Power Pressure Cooker XL® Cookbook: Over 120 Incredible Electric Pressure Cooker

Recipes For Busy Families (Electric Pressure Cooker Recipes Series) Instant Pot Cookbook: Entry Level: Cooking Healthy and Delicious Food Quick and Easy with a Pressure Cooker (Pressure Cooker Recipes, Electric Pressure Cooker, Slow Cooker, Crock Pot) Cooking Under Pressure Box Set (6 in 1): Easy Pressure Cooker Meals for Busy People (Pressure Cooker Recipes) Electric Pressure Cooker Recipe Box Set: The Ultimate Pressure Cooker Box Set - Includes 4 Pressure Cooker Cookbooks Electric pressure cooker: top 40 easy recipes for your health: pressure cooker cookbook, healthy recipes, slow cooker, electric pressure cookbook Blood Pressure Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural Remedies and Diet! Blood Pressure Solutions: Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet, low salt, healthy eating) Electric Pressure Cooker Cookbook: Delicious, Quick And Easy To Prepare Electric Pressure Cooker Cookbook Recipes You Can Cook Tonight! The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life!

[Dmca](#)