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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.

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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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Amazon.com: Executive Toughness: The Mental-Training ...

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

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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.

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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.

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

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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