



# **Elite Minds: How Winners Think Differently to Create a Competitive Edge and Maximize Success**

*Dr. Stan Beecham*

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# Elite Minds: How Winners Think Differently to Create a Competitive Edge and Maximize Success

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Discover the winning secrets of the world's most successful people.

As a top-level sport psychologist and performance consultant, Dr. Stan Beecham knows what it takes to succeed?on the playing field, in the board room, and in all aspects of life. This award-winning book takes you inside the minds of major-league athletes, Olympic medal winners, and world-class business leaders to reveal the key motivators and mental processes that drive people to victory. Learn how to:

RETRAIN YOUR BRAIN to think like a winner.

CONQUER YOUR FEARS and go after your goals.

ACHIEVE PEAK PERFORMANCE and reach your full potential.

BECOME WHO YOU WANT TO BE mentally, physically, personally and professionally.

Whether you're a self starter, team player, or corporate leader, you can apply these proven mind techniques to any field or endeavor?quickly, easily, and effectively. Filled with power-boosting mental exercises, positive attitude adjusters, and inspiring true stories of individual success, the book provides all the tools you need to set your goals, sharpen your focus, and achieve your personal best. It's like having your own private coach cheering you on every step of the way. If you can think it, you can do it?with the game-changing power of *Elite Minds*.

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