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Bob Kriegel, Ph.D.

Performance Under Pressure Being At Your Best When It Counts

Dorothy A. Saia



Performance Under Pressure Being At Your Best When It Counts:

Performing Under Pressure Hendrie Weisinger, J. P. Pawliw-Fry, 2015-02-24 Nobody performs better under pressure. Regardless of the task, pressure ruthlessly diminishes our judgment, decision making, attention, dexterity, and performance in every professional and personal arena. In *Performing Under Pressure*, Drs. Hendrie Weisinger and J. P. Pawliw-Fry introduce us to the concept of pressure management, offering empirically tested short-term and long-term solutions to help us overcome the debilitating effects of pressure. *Performing Under Pressure* tackles the greatest obstacle to personal success, whether in a sales presentation at home, on the golf course, interviewing for a job, or performing onstage at Carnegie Hall. Despite sports mythology, no one rises to the occasion under pressure and does better than they do in practice. The reality is, pressure makes us do worse and sometimes leads us to fail utterly. But there are things we can do to diminish its effects on our performance. *Performing Under Pressure* draws on research from over 12,000 people and features the latest research from neuroscience and from the frontline experiences of Fortune 500 employees and managers, Navy SEALs, Olympic and other elite athletes, and others. It offers 22 specific strategies each of us can use to reduce pressure in our personal and professional lives and allow us to better excel in whatever we do. Whether you're a corporate manager, a basketball player, or a student preparing for the SAT, *Performing Under Pressure* will help you to do your best when it matters most.

Performance Under Pressure Bob Kriegel, 2011-02-01 You're an achiever. You're motivated, ambitious, and success-oriented. And you're exposed to new sources of pressure almost every day. But you know that if you push yourself too hard, stress will increase, hindering not only your productivity and joy but damaging your relationships and health as well. *Performance Under Pressure* gives you new tools for handling pressure and making stress work for you while boosting your performance to new heights. Living and working inside the Peak Zone is characterized by a balanced commitment to work by confidently taking on new kinds of risk without being overwhelmed and by being in control. It's about feeling prepared, skilled, and effective regardless of the outside circumstances. It's also about attracting catalytic new experiences that empower you to reach new levels in your work, sport, and life. Anyone can learn how to bring fresh, new peak performance experiences into their lives. Take the engaging Self-Test Performance Profile to identify your Peak Zone strengths and weaknesses, then learn how to experientially enhance your strengths and overcome your weaknesses. Learn specific strategies for having consistent peak performance experiences in any area of your life or career you wish to change. Dozens of case histories will teach you which strategies will work best for you and how to get results with them. Master the simple and priceless peak performance mental and physical exercises that help overcome fear, visualize goals, interpret warning signals, and defuse anxiety.

Sports Psychology For Dummies Leif H. Smith, Todd M. Kays, 2022-02-15 Get your head in the game with this hands-on guide to the psychology of sport. There's more to getting into the right headspace for the big game or event than trying to think like a winner. Modern sports psychologists emphasize advanced strategies like biofeedback and neurofeedback while encouraging the use of mindfulness.

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Becoming an Orchestral Musician Richard Davis, 2004 A guide for professional musicians on how to succeed in joining an orchestra or ensemble and how to survive as an orchestral musician during their career

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