

Organize Tomorrow Today 8 Ways To Retrain Your Mind To Optimize Performance At Work And In Life

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Organize Tomorrow Today: 8 Ways to Retrain Your Mind to Optimize Performance at Work and in Life. Paperback - December 27, 2016. by Jason Selk (Author), Tom Bartow (Author), Matthew Rudy (Author) > Visit Amazon's Matthew Rudy Page. Find all the books, read about the author, and more. See search results for this author.

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In Organize Tomorrow Today (OTT), two of the top minds in human performance come together to deliver the pathway to extreme success: Doing more is not the answer, and Selk and Bartow walk you through how to achieve more by doing less. Dr. Jason Selk helps well-known professional and Olympic athletes as well as Fortune 500 executives and organizations develop the mental toughness necessary to ...

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They outline eight fundamental ways to get organized, including the "time paradox," which allows precision to set your schedule free, and a two-minute mental training drill that will start your day with focus, confidence, and energy. Organize Tomorrow Today helps readers to move past their performance roadblocks and achieve more productive lives.

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Organize Tomorrow Today is composed of eight simple, concrete, easy-to-understand guidelines - the multitasking myth, building and breaking habits, the two-minute mental toughness drill, and more. The key to high-level success is to pick one thing to change and master it.

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Full Book Name: Organize Tomorrow Today: 8 Ways to Retrain Your Mind to Optimize Performance at Work and in Life. Author Name: Jason Selk. Book Genre: Business, Nonfiction, Personal Development, Productivity, Psychology, Self Help. ISBN # 9780738218700.

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Organize Tomorrow Today - Page 1 ORGANIZE TOMORROW TODAY 8 Ways to Retrain Your Mind to Optimize Performance at Work and in Life Dr. JASON SELK, TOM BARTOW with MICHAEL RUDY Dr. JASON SELK is a performance coach. He was previously the director of mental training with the St. Louis Cardinals and

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