



Fight Your Fear and Win: 7 Skills for Performing Your Best Under Pressure

Don Greene

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We've all been there: that make-it-or-break-it moment of our careers - on the brink of a deal, poised at the starting gate, under the spotlight waiting to speak or perform in front of our peers. At this point, where everything seems to be on the line, most of us experience one overriding reaction - fear - and this fear can have negative physical, mental and emotional consequences on how well we do our job. Don Greene, sports psychologist and stress coach to top executives and entertainers, has spent decades studying fear and its effect on performance. In this groundbreaking book, Dr. Greene shares the proven techniques he has used with Olympic athletes, Grand Prix drivers, the New World Symphony and Merrill Lynch traders to help them perform their best under pressure. "Fight Your Fear and Win" begins with a self-assessment performance survey that will allow you to pinpoint your own reactions to stress: how you handle distractions, how you are affected by nervousness, your mental outlook, your response to fear and your ability to bounce back from failure.

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