



## Organize Tomorrow Today: 8 Ways to Retrain Your Mind to Optimize Performance at Work and in Life (Hardback)

By Jason Selk, Matthew Rudy, Tom Bartow

INGRAM PUBLISHER SERVICES US, United States, 2016. Hardback. Condition: New. Language: English . Brand New Book. Sports Psychology Meets Wall StreetDr. Jason Selk helps well-known professional and Olympic athletes as well as Fortune 500 executives and organizations develop the mental toughness necessary to thrive in the face of adversity and achieve elite-level results. Tom Bartow, following a career as a winning college basketball coach, became one of the country's top financial advisors and is now one of the premier business coaches nation-wide. Together, Selk and Bartow reveal the secrets of how both elite athletes and business leaders climb to the top. In Organize Tomorrow Today, 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. There is a huge difference between knowing something and understanding. There is an even wider gap between understanding and doing. Highly successful people never get it all finished in any given day however, they always get the most important things completed. Selk and Bartow offer the 8 fundamentals of doing what it is most important. OTT will...



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