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## THE PERFORMANCE MANIFESTO: 7 STEPS TO BRILLIANT PERFORMANCE



Sheriff Publishing, Ireland, 2014. Paperback Book Condition: New. 229 x 152 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Learn to improve your performance of every day tasks. Perform brilliantly in your work, personal and social life. Combining techniques of Sports Psychology, Hypnotherapy and NLP to provide a simple 7 step process to train yourself to perform brilliantly at normal tasks that we all face regularly. Things like: -Business meetings -Sports -Presentations -Hobbies -Speeches -Social situations -Theatre...

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- Authored by Daragh Sheridan
- Released at 2014



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