



Be a Beast: Unleash Your Animal Instincts for Performance Driven Results (Paperback)

By Dave Austin B.A B.a, Roger Anthony

Waterfront Digital Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.We all have a beast within us, and yet, there are times when the power of our mind keeps it from being unleashed. But, when we tap into our true instinctive nature, that's when we allow ourselves to play at the highest level. And, it does not matter if you are a professional athlete, or a CEO, or an entrepreneur-or simply someone who seeks to get more out of everyday life. The principles are the same. Our minds are an important asset. They will either work for us or against us. But, how do we truly get our minds to work for us in an ever-changing world that seems to be moving faster and faster, and keeps us off-balance and in chaos? How do we break free from the chains that bind us and want to pull us back to our familiar conditional thinking in order to expand and grow into a grander and better version of ourselves each and everyday? The answer is you set your course and turn obstacles into opportunities by using very specific mental mindset triggers...



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