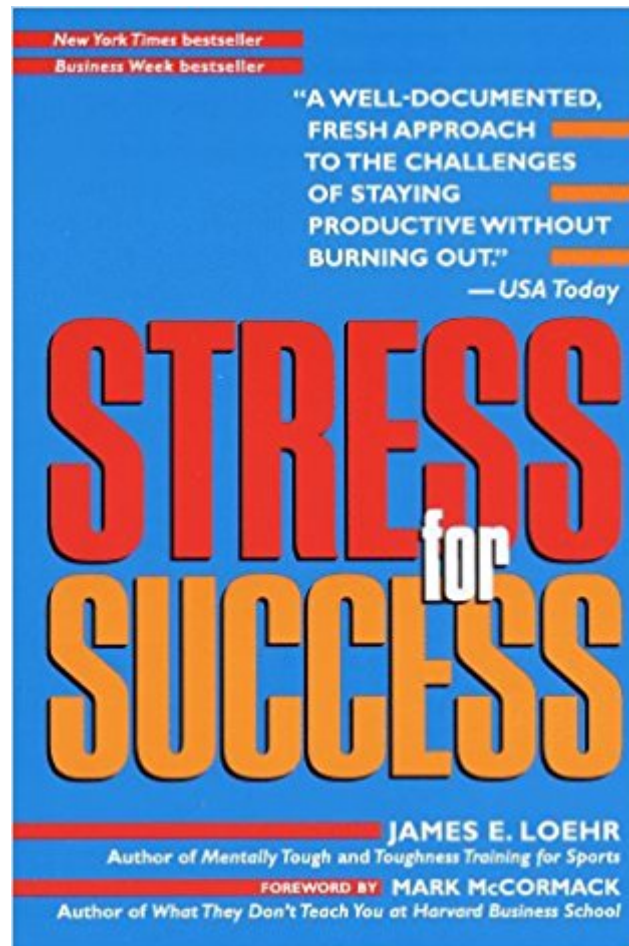


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# Stress For Success



## Synopsis

renowned motivational coach of world-class athletes turns his attention to those in the corporate world. In *Stress for Success*, business people get a practical, performance-based program to strengthen their physical, mental and emotional resilience. Loehr's 30-day program shows readers how to gradually make the kind of personal lifestyle changes that bring about the kind of high-level performance demanded of people at every level of the corporation. From the Hardcover edition.

## Book Information

Paperback: 272 pages

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #891,979 in Books (See Top 100 in Books) #27 in [Books > Business & Money > Business Culture > Health & Stress](#) #303 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Occupational & Organizational](#) #449 in [Books > Medical Books > Psychology > Occupational & Organizational](#)

## Customer Reviews

For years Jim Loehr was the leading sports psychologist in America. Now he has translated his findings and his ideas to the corporate work place. There may be no one who has a more integrated view of what it takes--physically, emotionally, and mentally--to perform at the highest level without sacrificing a sense of meaning and well-being. This book truly changed my life!

James Loehr tells us the key is not how to get rid of stress, but to learn to perform well under pressure. He has helped many professional athletes and corporate executives get into what he terms the Ideal Performance State (IPS). This zone is achieved by a balance of stress and recovery. IPS is characterized by calmness, relaxation and confidence. Loehr explains how to learn to take a break from stress and identifies the different types of stresses that lead to certain downfall if not regularly abated. He applies the stress/recovery theory to both physical and mental realms. Also, too much recovery is erosive. The happiest and most productive people have a proper balance and

oscillation between stress and recovery in their activities. Here is a ritual that could help: Get up in the morning and merge your thoughts and actions together in the present by watching your breathing. Then ask yourself why you should fight today. You need a reason to rise your emotions. Then create a vision for the future and contrast it with the present. Use affirmations to overcome weaknesses. Then, visualize how the day should go. Many practical techniques and suggestions are offered to help achieve IPS such as affirmations, exercise, nutrition and humor development. Guard your sleep, eating schedule and recovery tactics. Every day is a battle for control of your response to life. It may be true that you deserve a break today! Use these techniques to come back stronger. Five Stars

The message is clear -- face the issues that are stressful for you. I enjoyed this book because it is realistic. If you have problems with stress, this book will help you.

Excellent guide for your corporate athlete training. Jim Loehr has been training pro athletes since 1976. He tackles the corporate world with a detailed training program designed to make you healthier and better prepared for the rat-race in corporate America.

Though not a new book, this is one of the great classics for an executive's library. I highly recommend it for any leader who has a high pressure, high stress, high stakes role. Unlike most in this genre, it doesn't suggest that you eliminate stress. Rather it teaches you how to train for it physically and mentally so you can enjoy the ride like a great athlete at the top of their game.

An outstanding book for leaders and rookies alike searching for a guide to success in an organization. Let your stress work for you. This book will show you how. I recommend it to all who aspire to succeed in their careers. Wayne D. Ford, Ph.D., author of "Stress Management for Over-Achievers" docwifford@msn.com

I have been acquainted with this book for about five years, and it has proved to be the most significant book in my life next to the Bible. It is a book on how to get your life together for the long haul, with principles for living that are transforming. It is a call to discipline for maximum performance. Get it!

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