



# Inner Excellence: Achieve Extraordinary Business Success through Mental Toughness

*Jim Murphy*

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## **TRAIN YOUR BRAIN FOR EXTRAORDINARY SUCCESS**

Now more than ever, you need a competitive edge to succeed-no matter what your field or profession. This step-by-step training manual from one of North America's top performance coaches taps into the winning mindsets of Olympic stars, professional sports teams, and Navy Seals among others to help you achieve higher levels of performance than you ever thought possible. Jim Murphy's complete program of proven mental techniques is based on life principles that easily apply to your company, your career, and everything you do.

*Inner Excellence* shows you how to:

- **CONNECT WITH YOUR PASSION**-and run with it
- **FOCUS YOUR ENERGY**-and reach your goals
- **BUILD ON YOUR STRENGTHS**-and live your dreams
- **GET IN THE ZONE**-and achieve the extraordinary

Filled with mental performance-enhancing exercises, creative goal-driven game plans, and 50 inspiring interviews, *Inner Excellence* raises the bar for success in business and in life.

*“Jim is an expert in his field. Inner Excellence transcends athletics and will have a profound effect on everyone who applies these methods in their life.”*

-John Kehoe, author of *Mind Power into the 21st Century*

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