



Mind Over Business: How to Unleash Your Business and Sales Success by Rewiring the Mind/Body Connection

Kenneth Baum, Bob Andelman

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Imagine making a few small adjustments to your workday to discover latent talents you didn't know you had. In *Mind Over Business*, sports psychologist Ken Baum applies a proven system for peak performance that will help you reach your goals no matter what business you are in. Every day, Baum earns his living by guiding people to maximize their career and potential. Now he translates his unique knowledge and techniques into a program you can use to thrive in every aspect of your career.

Mind Over Business will give you the mental edge to overcome obstacles and take advantage of opportunity. It prescribes exercises that go beyond motivation to create a road map for success. You'll learn how to create a Personal Action Plan that outlines your goals logically and concretely, followed by a Reward Statement and Desire Statement that fuel your drive every step of the way. Simple visualization and performance cue exercises will keep you on target no matter what obstacles get in your way.

Mind Over Business gives you the tools you need to change your brain and improve your career. It doesn't matter if you're self-employed, work for a large company, or sell insurance or sandwiches. You'll learn to beat your competition regardless of your background or business.

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