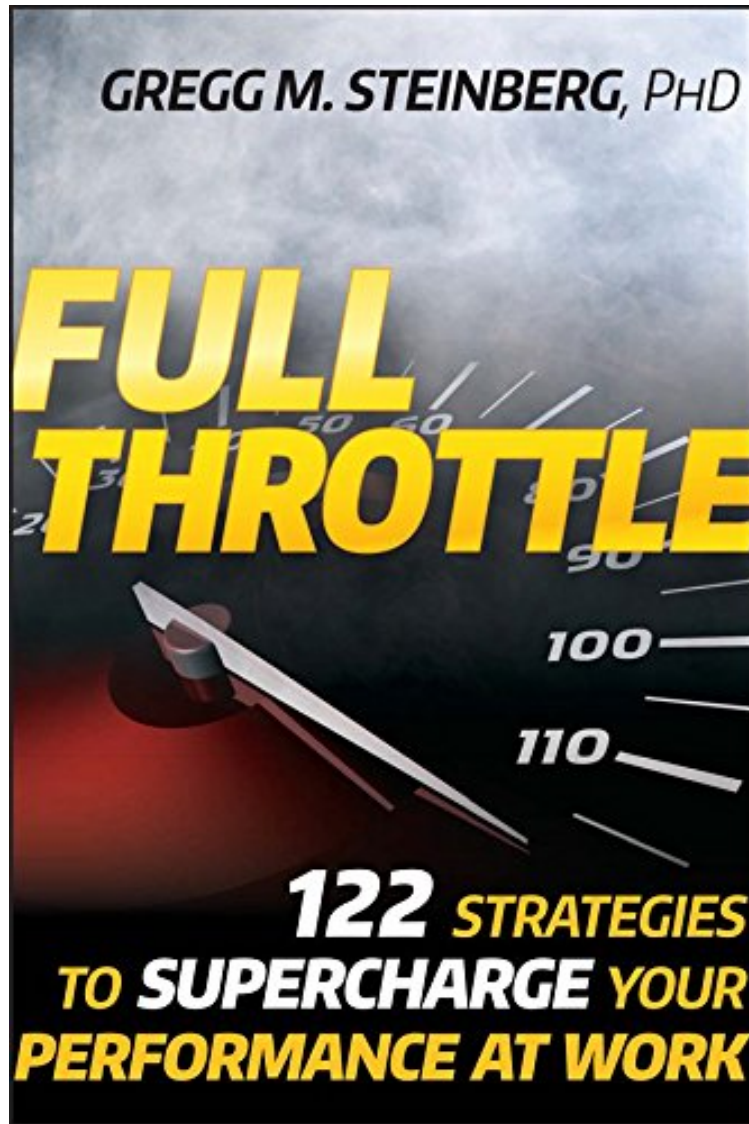


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Full Throttle: 122 Strategies to Supercharge Your Performance at Work

Gregg M. Steinberg

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Gregg M. Steinberg : Full Throttle: 122 Strategies to Supercharge Your Performance at Work before purchasing it in order to gauge whether or not it would be worth my time, and all praised Full Throttle: 122 Strategies to Supercharge Your Performance at Work:

1 of 1 people found the following review helpful. Full Throttle By Mike C. Greg Steinberg may be one of the most motivating speakers and writers I've heard and read for a long time. While he is a sports psychologist and works with a number of professional golfers, there are many parallels between golf and life and in his book he brings those things to

life for anyone who truly wants to make a change. I have read self improvement books and listened to tapes by virtually all the well published "gurus" (Dyer, Chopra, Robbins, Les Brown, Ziglar, Covey, etc) and I am convinced that Greg Steinberg's work is transformational and as good as anything you will find.....this is a must have. 1 of 2 people found the following review helpful. Full Throttle By craig Full Throttle is DR. Steinberg's best work to date. I also enjoyed his last two books, Mental Rules for Golf and Flying Lessons. His style is a lot like Jack Canfield, Filled with lots of great stories and ideas for improving ones performance. If you want to improve your performance at work, get this book. It will motivate you and get you inspired. 0 of 1 people found the following review helpful. Very Informative By JMCThe book is very informative and has great applied exercises. This book will help me to achieve my goals and make me more effective in my pursuits.

Do you want to be charged up every day? Do you want to be focused for every meeting? Do you want greater health, balance and happiness? Facing a continual barrage of tasks coupled with a tough economy, many people feel completely drained by day's end. To stay ahead of the game, you need to capitalize on your energy, to go full throttle when needed. Based upon his years of research as well as his coaching experiences with professional athletes and top executives, Dr. Steinberg has developed an energy management system comprised of 6 key emotional strengths. When you learn to master these strengths, you will thrive on the inside, regardless of what is happening on the outside. Full Throttle is filled with incredible stories, realistic examples, topical insights and hands on tools-Here is what you can expect to gain from reading this book: Get Focused for every meeting Develop greater balance in your life Become more productive but work less hard Plug up all the energy drains Discover your inner flame of excellence Be able to overcome obstacles and adversity Be happier in your moments

"Full Throttle has empowered us with a new mental strategy to help us all achieve full potential over our emotions. This work indeed has greatly added to the new science of positive psychology." ndash; Dewey Bushaw, Executive Vice President, Pacific Life "A must read for every for every business person. It will be required reading for all my CEOs." ndash; Tim Shaver, Vistage Chair and CEO Coach "Dr. Steinberg has the creative and intellectual ability to transform the latest research in psychology to practical guidelines useful for those aspiring for success in the business world." ndash; Former President of the American Psychological Association "Dr. Steinberg applies his knowledge of athletes and peak athletic performance to the business world and provides information that is fun, pertinent and insightful." ndash; Pam Brown, Head of Human Resources, Vanderbilt University "As a casting director I find Gregg Steinberg's insights extremely relevant across many genres, not just business. I will use this wisdom in my work coaching talent -- including actors, television hosts and experts." ndash; Barbara Barna, Barbara Barna Casting, Dr. Robert Singer From the Inside Flap Full Throttle reveals the true key to world-class success in any endeavor--whether it's the world of business, sports, or anything else. Over many years and many personal experiences with people who are the best at what they do, author and expert on human performance, Gregg Steinberg has learned one incredibly valuable lesson--when you master your emotions, you can master anything. The ability to control your emotions is the single most important ingredient for a healthier, happier, and more successful life. Ultimately, your emotions control your performance. When fear and anger consume you, your potential for success is limited. When you live your life to conquer daily challenges with vigor and excitement, you unleash your full range of talents and let yourself soar. Whether you're a CEO or a world-class athlete, an administrative assistant, or a salesperson, emotional mastery will give you a big leg-up on the competition. Six vital emotional strengths make up the very core of emotional mastery; conquering them will make you the master of your own universe: Awareness--understanding your own emotions is the key to managing them Preparedness--winners plan for the best outcome but prepare for the worst Bravado--you must turn fear into a positive action Connectedness--connecting emotionally with the now leads to better outcomes Drive--knowledge and intention is not enough, you must be truly committed to succeed Balance--the journey is long and difficult; balance will help you stay the course Each section of Full Throttle explores one of these vital emotional strengths and gives you the tools needed to gain mastery over your emotions. Chapters include inspiring success stories of individual achievement, exercises and drills to help you enhance your emotional strengths, and important tips that will help you succeed in any particular achievement situation. Conquer yourself and you can conquer any challenge. Full Throttle gives you a coherent, long-term system that will help you thrive on the inside in order to soar on the outside. From the Back Cover PRAISE FOR FULL THROTTLE "Full Throttle has empowered us with a new mental strategy to help us all achieve full control over our emotions. This work indeed has greatly added to the new science of positive psychology." mdash; DEWEY BUSHAW Executive Vice President, Pacific Life "A must-read for every businessperson. It will be required reading for all my CEOs." mdash; TIM SHAVER Vistage Chair and CEO Coach "Dr. Steinberg has the creative and intellectual ability to transform the latest research in psychology to practical guidelines useful for those aspiring to success in the business world." mdash; DR. ROBERT SINGER former president, American Psychological Association, Division 47 "Dr. Steinberg applies his knowledge of athletes and peak

athletic performance to the business world and provides information that is fun, pertinent, and insightful." mdash;PAM BROWN Head of Human Resources, Vanderbilt University "As a casting director, I find Gregg Steinberg's insights extremely relevant across many genres, not just business. I will use this wisdom in my work coaching talentmdash;including actors, television hosts, and experts." mdash;BARBARA BARNA Barbara Barna Casting