

Inner Excellence: Achieve Extraordinary Business Success through Mental Toughness

Jim Murphy

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Inner Excellence



*Achieve
Extraordinary
Business
Success
Through
**MENTAL
TOUGHNESS***

JIM MURPHY
FOREWORD BY JIM FANNIN
AUTHOR OF *S.C.O.R.E. FOR LIFE*

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Jim Murphy : Inner Excellence: Achieve Extraordinary Business Success through Mental Toughness before purchasing it in order to gauge whether or not it would be worth my time, and all praised Inner Excellence: Achieve Extraordinary Business Success through Mental Toughness:

2 of 2 people found the following review helpful. An Outstanding Book I will refer to for the rest of my life. By Jonathan Michael If you are looking for a comprehensive approach to how to live an extraordinary life, beyond motivational clichés and methods, then get this book and work through it slowly. Although this book is a deep philosophy of life, it swings between the practical and the philosophical and thrown in for good measure are some outstanding quotes to inspire you. Action and contemplation, are woven through the fabric of this book. The model presented is simple to understand, but behind that simplicity lies, genius. This book is a comprehensive manual to an inside out approach to one's whole life whether you are an athlete, entrepreneur or just trying to reach out for an extraordinary life. You will find every sentence in this book is precise and rich with meaning. Make sure you read Jim Murphy's presuppositions which guide the whole shape of the book. My hard copy which was a gift to me, is underlined and getting worn out as, I carry it so I can catch a few pieces of wisdom when I am on the road. I now also have the Kindle edition, so I can send quotes from it to my friends and followers on Facebook. This book is a great start for a journey of change. As a coach and speaker myself, I sought out the author, to familiarize myself with his philosophy and understanding. I now recommend this book to every one of my clients, and if you go to my facebook page you will be inundated with quotes from this book. This book is less about results, and more about being a certain kind of person and living a certain way. A way that results in a life of abundance and joy as you approach your life with courage, wisdom and love. I cannot say enough good things, about this carefully crafted book of wisdom. Don't just buy one copy, buy a few and give out to your friends. They will thank you till the end of their days.

2 of 2 people found the following review helpful. Beyond Poise Under Pressure By Alfred Czerwinski This book has so many practical insights that I find myself reconsidering these ideas in many circumstances where I am seeking better results through better balance. It is a book I would be happy to recommend not only to business people seeking to restore some sanity and resonance in their work, but also to parents who want more wisdom in mentoring their aspiring teen children, to young adults who are learning how to embrace the possibilities and challenges of life, and to people in the workplace who would smile a little more often if they developed more poise under pressure, Jim's way. Jim has a way of untangling the otherwise complex web of tensions between character, performance, purpose and beauty that offers a constructively hopeful approach to success and satisfaction without sacrificing balance in the rest of life. Perhaps the power of his presentation comes from the wide spectrum of human experience, east and west, sports and business, faith and physiology, that he draws upon to help the reader connect with a realistic approach to performance. Jim celebrates the relationship between a person's work, physiology, dreams, beliefs and purpose in a way that empowers the reader to more effectively achieve results worth living for.

5 of 5 people found the following review helpful. An amazing and applicable tool for everyone By Cory D. Renfrew Inner Excellence, by Jim Murphy, is an extremely powerful book and it is the best "performance" book I have ever read. What's so great about Inner Excellence is that it's applicable to absolutely everyone. Not only can athletes or business people greatly benefit from Jim's teachings, but so too can anyone else who wants to live an amazing and fulfilling life. Jim has acquired a wealth of knowledge and experience throughout his life and he's sharing it all with us in this book. Jim's countless testimonials and success stories from all walks of life show that his performance techniques can help not just proven professional athletes but anyone else with passion for what they do. I already have and will continue to refer to Jim's performance techniques in this book to help me in all aspects of my life. Thanks Jim for sharing your amazing expertise.

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*

About the Author Jim Murphy is a performance coach to collegiate, professional, and Olympic athletes in multiple sports, as well as a motivational speaker. Murphy has also written articles for various newspapers including The New York Daily News, the Province, and the Tri-Cities Herald.