

LESSONS *from* *the* MASTERS



**Seven Keys to
Peak Performance
and Inner Peace**

Jim Brault

Lessons From The Masters Seven Keys To Peak Performance And Inner Peace

CL Gary



Lessons From The Masters Seven Keys To Peak Performance And Inner Peace:

Lessons from the Masters Jim Brault, 1998-04-01 **The Winning Mind Set** James Brault, Jim Brault, Kevin Seaman, 2006 We all have incredible potential So why is it that we don't always live up to our potential Why is there often a difference between what we can do and what we actually do In what ways can we maximize our potential in those areas of our lives that are important to us What are the instrumental keys that create that personal success in all our endeavors That is what this book is all about The Winning Mind Set™ is a set of proven tools and techniques to help you UNLEASH the Power of Your Mind and tap into your incredible potential The book is a compilation of field tested approaches presented in a way that is designed to be both easy to understand and easy to put into action a toolbox codified into the acronym BEHAVIOR Beliefs Discover how to put the power of your belief systems to work for you Emotions Learn 6 ways to manage your emotions quickly and easily Habits Find out how to wipe out negative habits and quickly form positive ones Associations Harness the brilliance of this subconscious phenomenon Values Realize the role of your deepest desires in driving your life Identity Find out how to use your sense of identity in powerful ways Objectives Understand the value of setting objectives in a whole new way Retention Learn the 9 steps to reinforcing positive changes in your life Brault and Seaman's pretense is simple Seaman states We ask every athlete and coach this question In competition how much of the outcome is attributed to physical skill and how much is mental The answer ranges from 50/50 to 80% mental and 20% physical We then ask them as we now ask you what do you do to train your psychological side 99% of the time they stare at us searching for an answer This is the answer If you haven't tapped into the mental side you are at best at 50% of your potential This is only one example Seaman continues In reality it goes way beyond competition and into the improvement of performance in all areas of our lives In business academics sales personal relationships career and of course competition the state of your mindset will determine the outcome more than any other element Their secret to success Seaman says Over the past 35 years we've had some incredible experiences in our lives During that time period we've worked with and taught local state national world champions and high performing athletes as well as coaches performers and business people from all walks of life The most extraordinary result of this interaction is what we have learned from these elite individuals and how we used this valuable information to develop a program that anyone can use and apply instantly *Backpacker*, 2001-03 Backpacker brings the outdoors straight to the reader's doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world's first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker's Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured *Bulletin of the Atomic Scientists*, 1972-10 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan

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