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Developing Mental Toughness

Graham Jones, Adrian Moorhouse

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Developing Mental Toughness

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Developing Mental Toughness Graham Jones, Adrian Moorhouse
It has been written for executives in business who wish to achieve consistent high level performance under pressure and is underpinned by Graham's published research which shows that high performers do more then merely cope with pressure - they thrive on it! The vital Factor in thriving on pressure and moving to a higher level of performance is the development of mental toughness.

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