



# Lengthen Your Line: The 5 Cs for Exceptional Performance in the Game of Life

*Jim Afremow*

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## **Lengthen Your Line: The 5 Cs for Exceptional Performance in the Game of Life** Jim Afremow

Lengthen Your Line: The 5 Cs for Exceptional Performance in the Game of Life is an innovative, psychological guide that will help you expose your self-limiting beliefs and present you with a mental toolbox for exceptional performance in any life pursuit. What does it mean to lengthen your line? Through his extensive experience working with exceptional people in all areas of life, Dr. Jim Afremow has realized that performers often have a preoccupation with their competition, which limits and prevents them from doing their best. When his clients exhibit this preoccupation, he shares with them the following Zen riddle. Dr. Afremow draws a chalk line on the floor and asks them how to make the line shorter without erasing its edges. The answer—draw a longer line next to it, thus making the original line shorter in comparison. Dr. Afremow provides concrete strategies that can be readily applied to any situation to achieve success in your performance domain. Through the use of enlightening Zen stories, inspirational quotes, and clever performance principles, Dr. Afremow details the five Cs to lengthening your own line. With the winning tactics in Lengthen Your Line, you too can focus on chasing your own potential and take your performance to the highest level.

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