



# **You Are a Contender!: Build Emotional Muscle to Perform Better and Achieve More In Business, Sports and Life**

*John Haime*

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In business, sports and life, it takes more than knowledge and good technique to achieve great performances with consistency. The challenges you need to win aren't always terrific plays, perfect golf shots, record sales or great new ideas. Instead, in any arena in life, it is command of the emotional challenges that separates winners from wannabes, contenders from pretenders.

Contenders who achieve consistently outstanding results all demonstrate key characteristics and practice specific winning techniques that you can learn. The inconsistent performance of pretenders in business, sports and life can be traced to common missteps that you can avoid.

If you are a leader who wants to lead more effectively, a worker who wants to achieve more, an athlete who wants to win more, or you want better performance in all areas of your life, you need this book.

Filled with practical and innovative high-performance tools like the Emotional Spiral, the Emotional Inventory and the Emotional Caddie, *You are a Contender! Build Emotional Muscle to Perform Better and Achieve More in Business, Sports and Life* will teach you how to make the move from sometimes-star to consistent performer. It will show you how to train your emotional muscles to handle any experience and challenge with strength and confidence.

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