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THE PRESSURE PRINCIPLE : HANDLE STRESS, HARNESS ENERGY, AND PERFORM WHEN IT COUNTS



PenguinBooks Ltd (UK) Apr 2016, 2016. Taschenbuch. Condition: Neu. Neuware - 'A hush descends. All eyes are on you. One shot for glory. Your palms are clammy, your heart rate's up. But you've got this. You will throw the paper ball into the bin first time.' Pressure is a constant in all our lives. The pressure to hit a deadline, deliver a speech, cook for a dinner party. But how would life look if we could harness pressure and...

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- Authored by Dave Alred
- Released at 2016



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