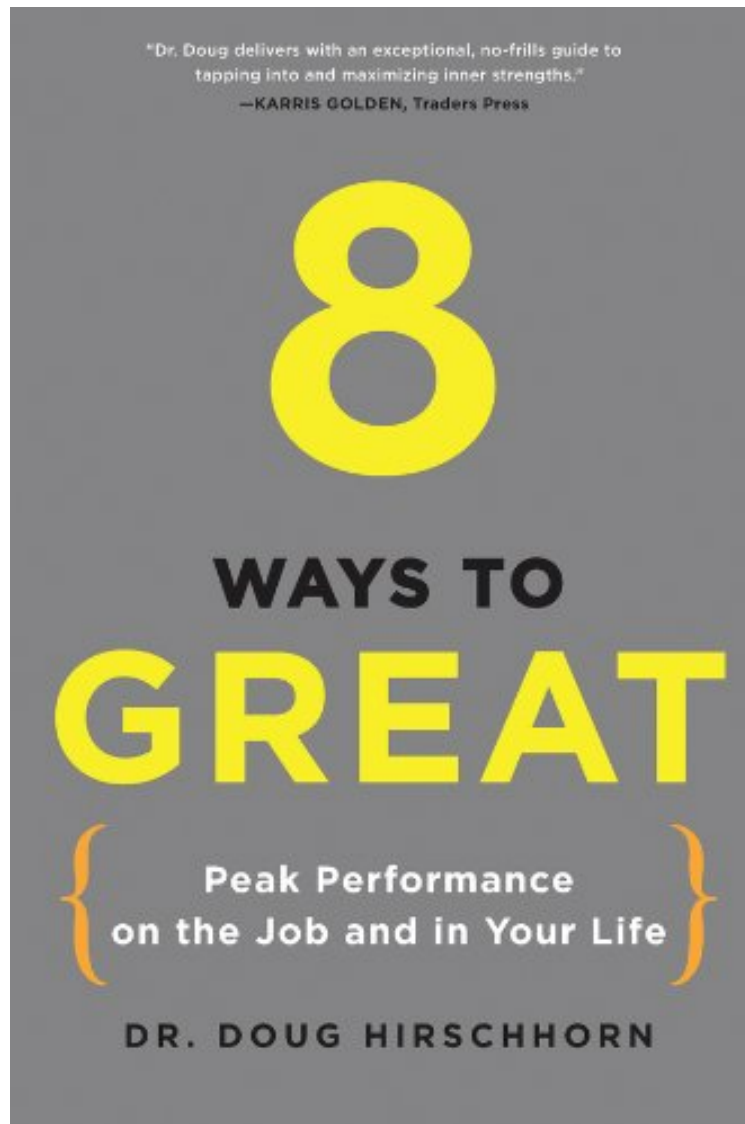


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8 Ways to Great: Peak Performance on the Job and in Your Life

Doug Hirschhorn

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Doug Hirschhorn : 8 Ways to Great: Peak Performance on the Job and in Your Life before purchasing it in order to gage whether or not it would be worth my time, and all praised 8 Ways to Great: Peak Performance on the Job and in Your Life:

0 of 0 people found the following review helpful. Redesigned My LifeBy k?aashashx?a?awI first read this book from my local library. I liked the concise steps outlined that helped me redesign my career path and ultimately my mindset. The experience alone is worth the cost of this book and is the basis for my continual progress to excel. I'm paying it forward to show my appreciation to the author for taking the time to help so many with his words.0 of 0 people found

the following review helpful. Dr. Doug delivers again - superb book! Perfect for those wanting to achieve success

By Kenneth Calhoun
Dr. Doug's new book "8 Ways To Great" reveals top strategies that people can use to get ahead in life (both on the job in business, in trading, and everywhere else). Written in a practical, step by step way with strategies that are important to implement (and easy to understand), this guide delivers powerful new insights and is an excellent roadmap for helping people achieve peak performance, in any occupation. Combining a blend of trading, sports and hands-on business analogies, Dr. Doug's book is a superb resource for anybody wanting to achieve top performance. From his "C.H.A.M.P." goal-setting process (p.34), to practical strategies he's used to help coach top performers to hold themselves accountable (Principle #8 - you've got to read the one about the overnight office stay, p. 101)... he's compiled a very useful set of principles, guidelines and examples for how to get yourself even more focused on success. As someone who's 'made it' as a seven-figure business owner, this is one book I wish I'd been able to read years ago, it would've helped me focus and achieve success even faster. Coming from the world of sports and trading, Dr. Doug's insights are fresh, innovative (you've never seen these before, they're new), and highly recommended for all people in business and life to study, learn and achieve peak performance with - it's a winner. Thanks, Dr. Doug - this is a "must have" book; I've already dog-eared 8 pages in the book that I'll be using to help get even better in business and life success. Bravo!

To success,
Ken Calhoun, Pres. Daytrading University

1 of 1 people found the following review helpful. Nothing that changed my life...that's for sure

By Kindle Customer
This book is well written but is full of really industry specific analogies and advice. It does have 8 concepts that can be applied to making your life more effective but a lot of the content is driven around what it is like to be a rockstar trader. I wouldn't say that this is the life that everyone wants. To be fair, the author does go on to point out ways that his principles can be applied to everyday life but in general I left reading the book without being inspired to make immediate change. I could have saved the time I read the book by reading the last couple of pages. Meh, oh well....

Read Dr. Doug Hirschhorn's posts on the Penguin Blog. Discover the success secrets of top performers who thrive in today's toughest frontline corporate jobs

Hard-hitting and pragmatic, Hirschhorn's no-nonsense advice has inspired thousands via his lectures, one-on-one coaching, and media appearances. But 8 Ways to Great goes beyond inspiration to provide the practical tools that anyone can use-no matter what their profession or personal goals-to break through self-defeating behaviors and deluded thinking to truly excel.

1. Let your true passion be your core motivation.
2. Develop self-awareness and use what you know about both your strengths and weaknesses.
3. Set goals and game plans-and learn to love this process, because it is all about the process.
4. Identify your competitive advantage-what sets you apart and what will turn the odds in your favor.
5. Develop inner confidence that keeps you from judging yourself based on other's standards and expectations.
6. Keep your cool-and don't let emotions dictate your decisions.
7. Take risks yet act intelligently with imperfect information.
8. Be accountable.

About the Author
Dr. Doug Hirschhorn is a performance coach and executive trainer schooled in sports psychology and experienced on the floor of the Chicago Board of Trade, who talks the talk and walks the walk when it come to his job

dash;to coach high achievers in the trading business from good to exceptional. He has conducted more than 400 workshops at financial institutions, multi-billion dollar hedge funds, and corporations across the country in addition to his one-on-one coaching. He has appeared on "The Today Show" and repeatedly on a host of CNBC programs, including "The Big Idea with Donny Deutsch," "Fast Money," "Power Lunch," "The Millionaire Inside," "Squawk on the Street" and "Closing Bell."