



## New Dynamics of Winning

By Denis Waitley

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### New Dynamics of Winning By Denis Waitley

How does a champion think? An authority on high-level achievement, Denis Waitley has studied the amazing similarities in the mental strategies of great champions in both business and sport. Distilling years of research into the psychology of winning, Waitley shows how you can make these mental traits your own and outlines a 21-day program for doing so. Among the topics covered in *The New Dynamics of Winning*: Focusing your mind for peak performance anywhere, anytime; How paying the price prepares you for success. How to use stress to your advantage; Prevalent self-destructive beliefs; The psychology traits of those who become winners; A guide and an inspiration to achieving your personal best, *The New Dynamics of Winning* offers clear, no-nonsense advice on what it takes to succeed in any field of endeavor.

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## New Dynamics of Winning By Denis Waitley Bibliography

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## **Editorial Review**

From Publishers Weekly

Lecturer and former head of the mental training program of the U.S. Olympic Committee's Sports Medicine Council, Waitley here applies his theories for athletic success to business and personal life. In this upbeat, pragmatic guide, he outlines a program for tapping one's inner resources and abilities to achieve "more than you or anyone else thought possible." Citing examples drawn from sport and business, he recommends breaking down major goals into 90-day-long mini-goals, which can also be divided into subgoals. Offering advice on preventive physical and mental health care, he emphasizes such stress-reducing, confidence-building techniques as positive "self talk," short statements of praise and advice for repeating during moments of pressure. He concludes with a 21-day plan for establishing and accomplishing specific personal goals.

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From Library Journal

Waitley, head of the mental training program for the U.S. Olympic Committee's Sports Medicine Council in the early Eighties, is a well-known motivational speaker and author of the audio program *The Psychology of Winning* and the bestselling book *Seeds of Greatness*. This work applies what he learned from the high performance of Olympic champions to the workings of the business world. Chapter titles include "The Drive to Win," "Visualization of Victory," and "The Olympian Within." His approach is similar to that of many works on the market using military, historical, and animal metaphors to help people improve their business skills. Recommended for large popular business collections.

- *Michael D. Kathman, St. John's Univ. Lib., Collegeville, Minn.*

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Review

"Denis Waitley's teaching transforms employees into entrepreneurs, coaches and managers into leaders, and individuals into champions."-- Harvey MacKay, Best-selling author of "Swim with the Sharks Without Being Eaten Alive"  
"Denis Waitley has given the world a blueprint for success."-- Mary Kay Ash, Chairman emeritus, Mary Kay Cosmetics  
"Denis Waitley is one of the most inspiring men of our time."-- Norman Vincent Peale

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**From reader reviews:**

**Walter McBride:**

Have you spare time to get a day? What do you do when you have considerably more or little spare time? Sure, you can choose the suitable activity with regard to spend your time. Any person spent their own spare time to take a wander, shopping, or went to often the Mall. How about open or read a book allowed *New Dynamics of Winning*? Maybe it is being best activity for you. You already know beside you can spend your time along with your favorite's book, you can wiser than before. Do you agree with their opinion or you have various other opinion?

**Alejandro Koenig:**

Here thing why this particular New Dynamics of Winning are different and trustworthy to be yours. First of all reading a book is good nevertheless it depends in the content of the usb ports which is the content is as scrumptious as food or not. New Dynamics of Winning giving you information deeper and different ways, you can find any book out there but there is no e-book that similar with New Dynamics of Winning. It gives you thrill studying journey, its open up your own personal eyes about the thing that will happened in the world which is possibly can be happened around you. You can easily bring everywhere like in park your car, café, or even in your method home by train. In case you are having difficulties in bringing the printed book maybe the form of New Dynamics of Winning in e-book can be your substitute.

**Maria Saad:**

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**William Prentice:**

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