



## Mental Skills Leadership for Profession and Life

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By Sam L Hughes PhD

Sam L. Hughes. Paperback. Book Condition: New. Paperback. 302 pages. Dimensions: 9.0in. x 6.0in. x 0.8in. Mental Skills Leadership for Profession and Life is a book for men and women who aspire to the highest level of sustainable leadership in ones profession and in ones personal life. All roads to successful accomplishment are through the mind. All successes are first born and won there and all failures are first born and lost there. Mental skills of goal setting, imagery, relaxation, and refocusing are detailed with clarity. It is important to note the inability to refocus is the number one cause of failure in our professional and our personal life. Philosophy and science of the mind are applicable to every individual. The science and art of human behavior is exciting and enjoyable. This book was written with you in mind. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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