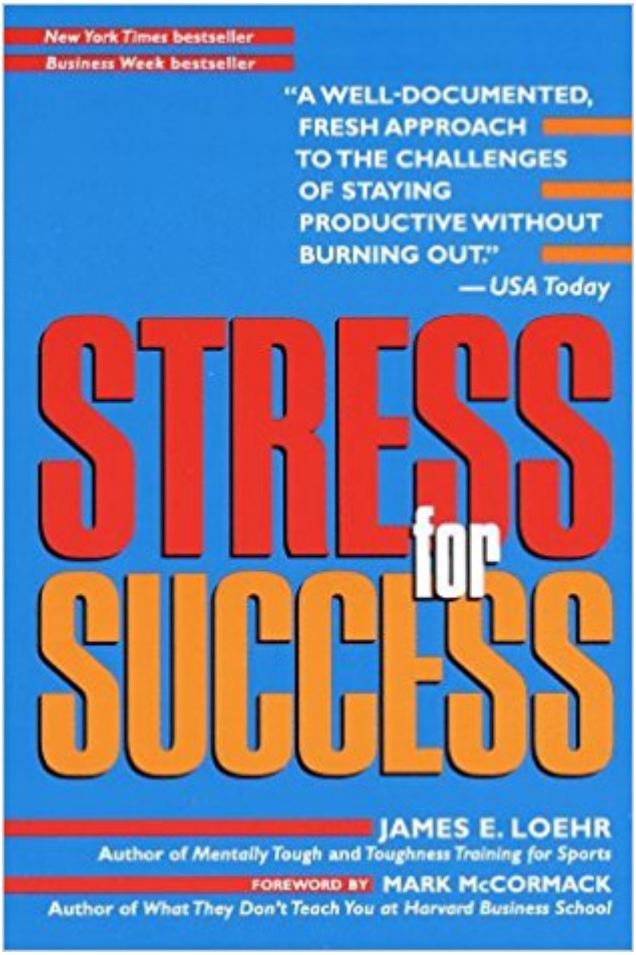
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Stress For Success



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Synopsis

renowned motivational coach of world-class athletes turns his attention to those in the corporate world. In Stress for Success, business people get a practical, performance-based program to strengthen their physical, mental and emotional resilience. Loehr’s 30-day program shows readers how to gradually make the kind of personal lifestyle changes that bring about the kind of high-level performance demanded of people at every level of the corporation.From the Hardcover edition.

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Customer Reviews

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This book encapsulates almost everything which it’s taken me 10 years to learn as a fitness, lifestyle, and nutrition coach.Stress For Success goes beyond what is taught in many university barchelors courses and was recommended by one of my professors, a psychologist. Much of the information in these pages reflects what clinical research is still showing 10 years after this book was first published.This is a book that was way ahead of it’s time and is more pertinent now because we have more people becoming ill because of being unable to cope with what they

perceive as being stressful. It was exciting and informative to read, and the author does a good job of giving guidelines for how to live a healthy and happy life, and ways to adjust instead of reacting to events which we may perceive as being stressful.Some of the nutritional guidelines are a little antiquated, but most of them are solid advice, and I love the way Loehr has taken a very holistic look at stress.As a professional, I HIGHLY RECOMMEND this book to absolutely everyone.

Being in a stressful job, it's taken its toll on my health in a number of ways. James Loehr's book turned my attitude to stress around completely. One of its main messages is that stress is good, if your attitude is right, and you have adequate recovery time. It says without stress we can't grow and get stronger. We actually need stress in our lives. I wish I had read Stress for Success 20 years ago and I would I saved myself so much pain and stress related illnesses, and used stress to my advantage. Highly recommended for private sector workers. A super read.

Though not a new book, this is one of the great classics for an executive's library. I highly recommend it for any leader who has a high pressure, high stress, high stakes role. Unlike most in this genre, it doesn't suggest that you eliminate stress. Rather it teaches you how to train for it physically and mentally so you can enjoy the ride like a great athelete at the top of their game.

Excellent guide for your corporate athlete training. Jim Loehr has been training pro athletes since 1976. He tackles the corporate world with a detailed training program designed to make you healthier and better prepared for the rat-race in corporate America.

I thought this is a rather unique way of looking at stress. According to the author, we need stress to live - it's what motivates us and takes us to a higher plain. I like the interjections of stories of successful people that explain the various portions of the book; they are also unique in themselves.

This book is phenomenal. I highly recommend it. It approaches stress from an entirely new perspective. It's easy to read, easy to understand and it's message is easy to integrate into your life. I run stress management workshops as a part of my private practice and this book hasprovided me with much insight. If you're looking for a book on stress management, this is the book to buy. You'll be happy you did! Linda Myers

I have been acquainted with this book for about five years, and it has proved to be the most

significant book in my life next to the Bible. It is a book on how to get your life together for the long haul, with principles for living that are transforming. It is a call to discipline for maximum performance. Get it!

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