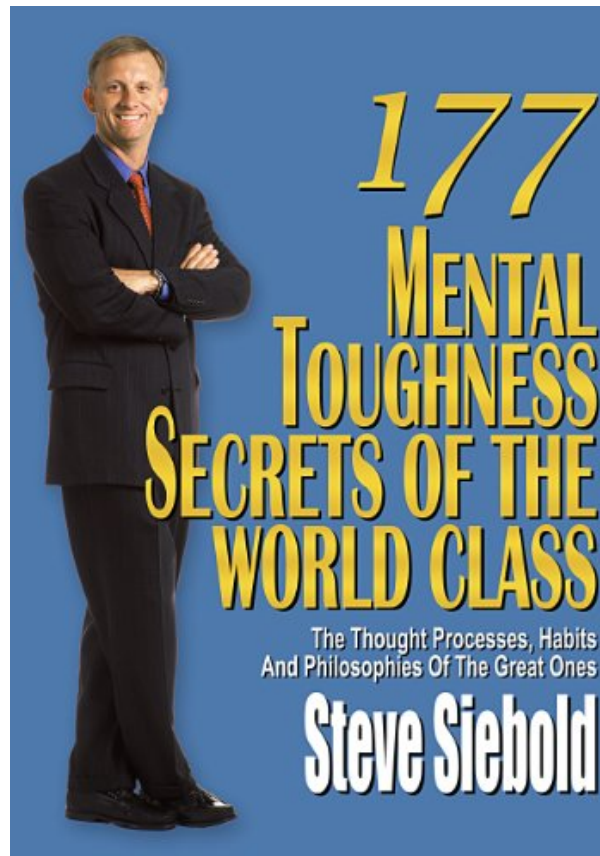
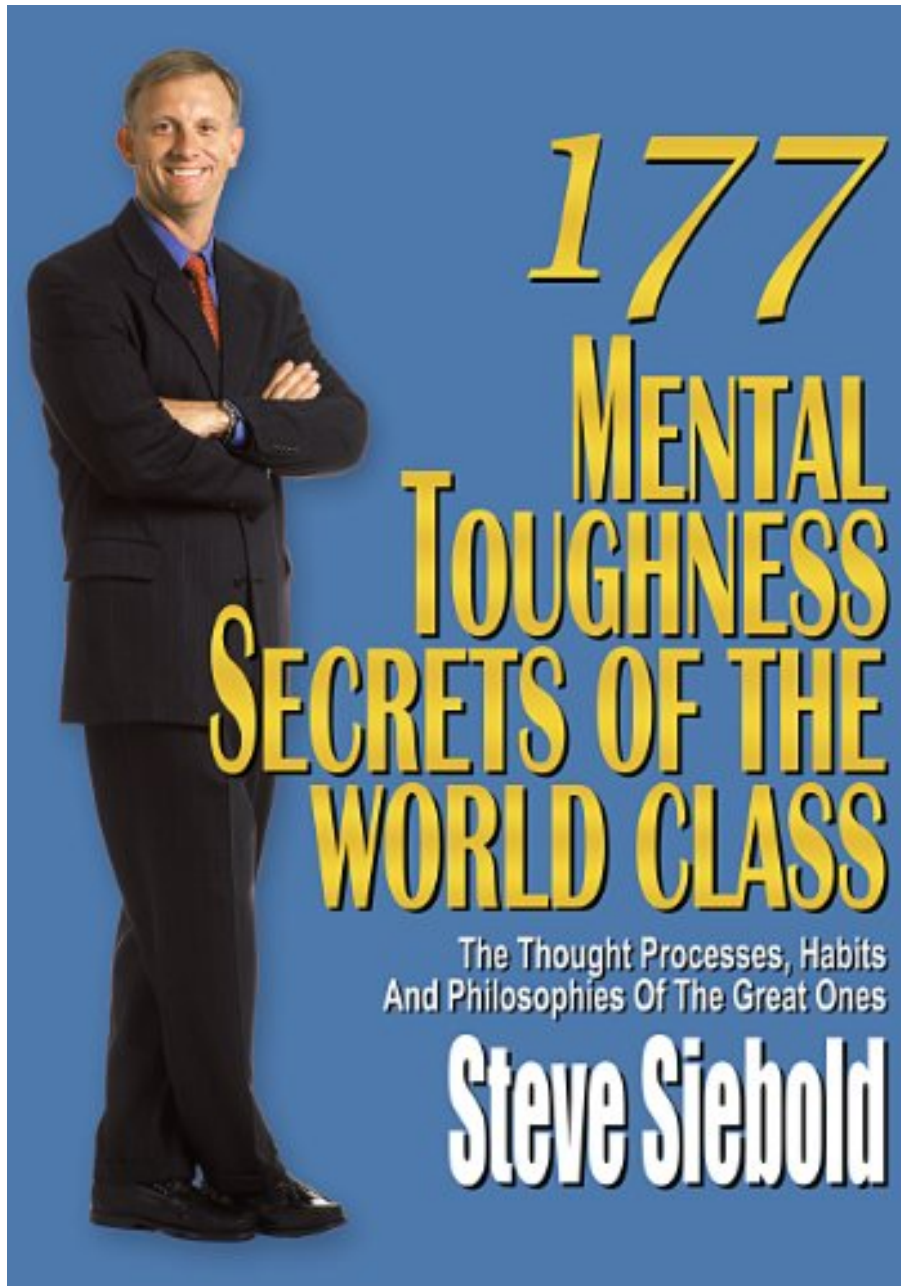


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The Thought Processes, Habits and Philosophies of the Great Ones

Some of the Mental Toughness Secrets You Will Learn:

Champions Lead Through Facilitated Introspection
The World Class Compartmentalize Their Emotions
The World Class Are Ferociously Cooperative
The Great Ones Possess Supreme Self Confidence
The World Class Embrace Metacognition
The World Class Are Coachable
Champions Know Why They Are Fighting
The World Class Operate From Love and Abundance
School Is Never Out For The Great Ones
Champions Are Interdependent
The Great Ones Are Bold
Champions Are Zealots For Change
The Great Ones Dont Give BackThey Just Give
Champions Are Masters Of Mental Organization
The Great Ones Only Negotiate Win-Win Deals
Champions Seek Balance
Champions Believe In Honesty
The Great Ones Arent Afraid To Suffer

- Sales Rank: #43887 in eBooks
- Published on: 2009-02-01
- Released on: 2009-02-01
- Format: Kindle eBook

Most helpful customer reviews

47 of 49 people found the following review helpful.

Inspiring for All Mental Strengths

By Stella Carrier

177 Mental Toughness Secrets of the World Class by Steve Siebold is a very informative and insightful book. I too only wish that I would have known about this book sooner, but at least I know now. The following are some passages of the book that I found very helpful and that resonated with me (and to share with others a glimpse of this great information):

Pg. 60 secret #28: Champions are Comeback Artists: I enjoy how the author gives helpful tidbits on examples of people that have pulled themselves up by their bootstraps. The fact that he lists this lesson as

perseverance on the physical plane, toughness on the mental plane, and artistry on the spiritual plane is very inspiring.

pg. 114 secret #70: The Great Ones are Products of their Own Imagination: The author mentions who champions combine action with imagination. The action step is really fun as well (he encourages you to allow your imagination to run wild with ideas of your perfect life).

Pg. 155 secret #99: The Great Ones are Aware of their Limitless Potential: This statement really stood out for me because I watched a really fun movie called Limitless that starred Bradley Cooper less than two months ago. The "Limitless" movie illustrated the potential realities possible when unlimited potential is tapped into. This is similar to the message that I believe that author is trying to send with this secret when he emphasizes that champions wake up one day and realize that their possibilities and potentials that symbolize the unlimited arena.

Pg. 193 secret #124: The World Class Believes in Self-Reliance: Steve mentions how the core of fulfillment comes from within yourself and that the world class learns to rely on themselves to get the answers from within.

Pg. 196 secret #126: Champions are Bold and Daring Visionaries: Mr. Siebold mentions why the importance of keeping on your vision. The recommended action step is also very exciting: He mentions a plan to make a commitment to create the ultimate vision for your life in the next 30 days, and he gives the eight life components as a guidepost. The eight life components is very enlightening for me because I have been frequently getting the feeling to implement my vision, and thanks to coming across secret #126 I now am aware the areas of my life that are beneficial for that vision (some of the helpful areas Steve recommends are faith/spiritual, social/cultural and personal development).

I am a naturally emotionally tough person, and yet this book gave me some insights on how to take my mental fortitude further. However, this book is beneficial for all levels of mental toughness.

49 of 55 people found the following review helpful.

useful

By aging hippy

I have read hundreds of self-help books. This book was one of the most useful.

The cons: The book is like 2 breathless teenage boys looking at pictures of teenage girls. Every fifth word is "unbelievable" "amazing". The whole book has an phoniness to it. The style is very outdated, some sort of Amway rally style. Later when I went to their webpage it turns out Amway is one of his clients.

The pros: After you got resistant to their breathless style, you can benefit from the precise and concise list of attributes for success. Of course nothing is new but I still benefited "tremendously".

15 of 17 people found the following review helpful.

Great book for critical thinking skills

By Amazon Customer

177 Mental Toughness Secrets of the World Class has some of the same information as every other motivational book, but it also has some new angles and most importantly it takes a critical thinking viewpoint of the information. Instead of being a rah rah, get you motivated for an hour type of book with no real substance, it details real actionable thinking steps to, if followed, lead to steady progress. It is not for everybody, if you are not really in the mindset and ready to truly look at your actions and habits and change what needs to be changed, than go find a rah rah book to give you a quick high. This book forces you to dig deep and ask yourself if you are really doing what it takes to achieve your goals and visions. I highly recommend for high achievers and those on there way to becoming one.

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