



Think Like a Winner: Simple Strategies to Improve Your Life (Nerves of Steel Audio Series)

Dr. Kevin Elko

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This audio CD program is a guide to living a positive and productive life. In our time there has been a great discovery about how our minds function. It is the realization that individuals can change the way they think. It is this choice to change the way they think, more than anything else, that changes life. The way you think about a particular situation, what you say to yourself and how you respond are all keys to how you will perform and ultimately how successful you will be. People who are successful at what they do and enjoy life...from athletes, to business executives to parents have all learned the importance of the way you think and practice it in their daily lives. In this two-volume CD program, recorded in front of a live audience, Dr. Elko discusses six strategies that will help you start to think like a winner and become the best that you can be. The six strategies discussed are as follows: Take control of what you say to yourself Your time is your wealth Eliminate mental clutter Intentionality - Make it happen The Ultimate "68" - Give to others Encouragement - Work your process

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