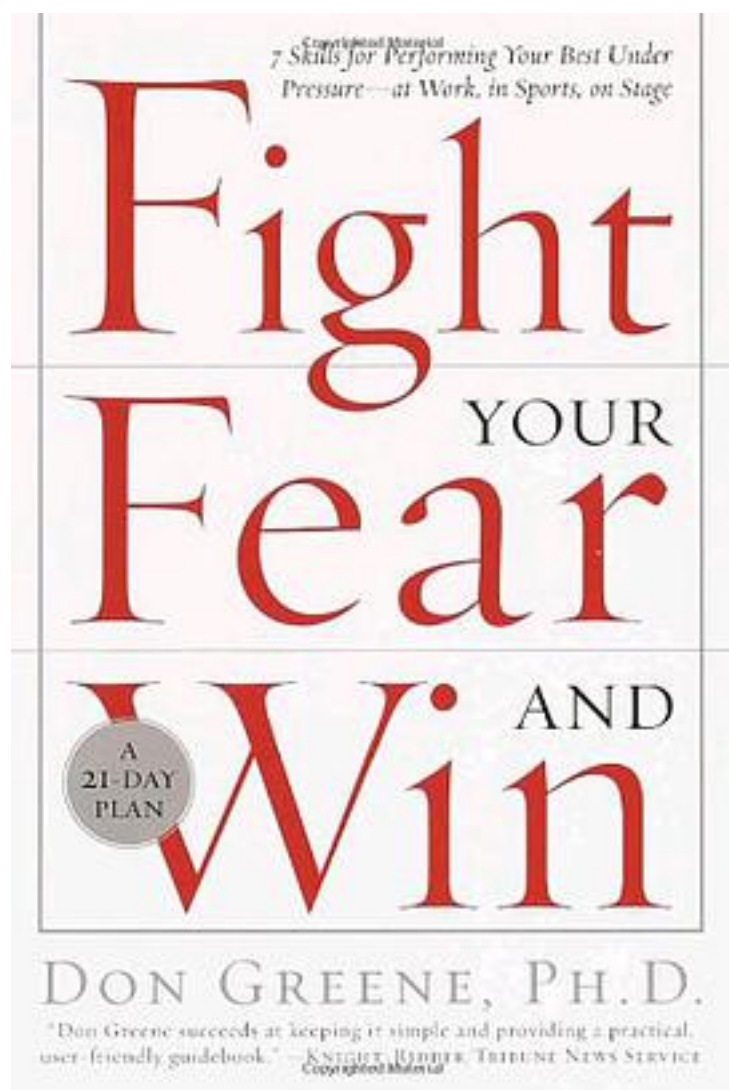


# Fight Your Fear and Win



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As a former Green Beret, Don Greene knows a lot about keeping it together in extreme situations. Today he is one of the most sought-after stress coaches in the United States, having helped achievers from Wall Street to Hollywood maximize their talent when it mattered the most. This book presents the key techniques and strategies that make Greene's program one of the most effective of its kind. Optimizing performance under fire begins with centering. This proven process, which can take less than a minute to complete, banishes panic. Just ask the news anchors, attorneys, even SWAT team members whom Greene has trained. Beginning with a self-survey of response to pressure and fear of failure, Fight Your Fear and Win offers a customized step-by-step program of mental and physical exercises that help readers deliver their best, even in make-or-break career moments. Whatever the pressure situation -- from sales calls to casting calls, courtroom presentations to merger negotiations -- Fight Your Fear and Win offers new hope for anyone seeking more confidence in the competitive world.

作者介绍:

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