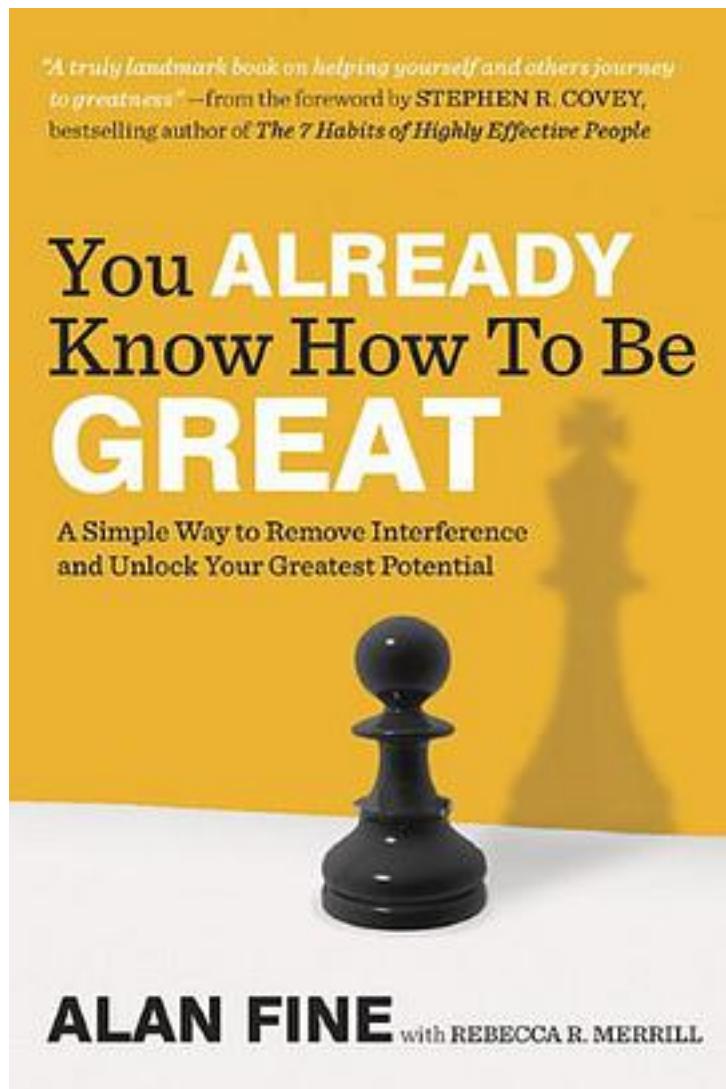


You Already Know How to Be Great



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著者:Alan Fine

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A bold new approach to performance by one of the top coaches in the country.

In trying to improve-on the playing field, in the office, or even at home-most people seek out new information to get to the next level. They read a book, attend a class, or hire an expert to give them an edge.

But Alan Fine, an accomplished tennis, golf, and executive coach and a renowned authority on peak performance, believes that this "outside-in" method is precisely what's holding you back from doing your best work. He's found the biggest obstacle to improved performance isn't not knowing what to do; it's not doing what you already know. Ironically, the quest for information and instructions designed to help you get ahead can often interfere with your ability to focus on doing something.

Fine reveals his simple and proven approach to achieving breakthrough performance. It starts with reducing the interference that blocks your potential through an amazing process called G.R.O.W. (Goal, Reality, Options, Way Forward).

No matter who you are or what you do, You Already Know How to Be Great will help you eliminate what is standing in the way of your goals.

作者介绍:

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标签

教练

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评论

一大堆废话，说到底就是一个grow模型。按goal.reality.option.way forward思考

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