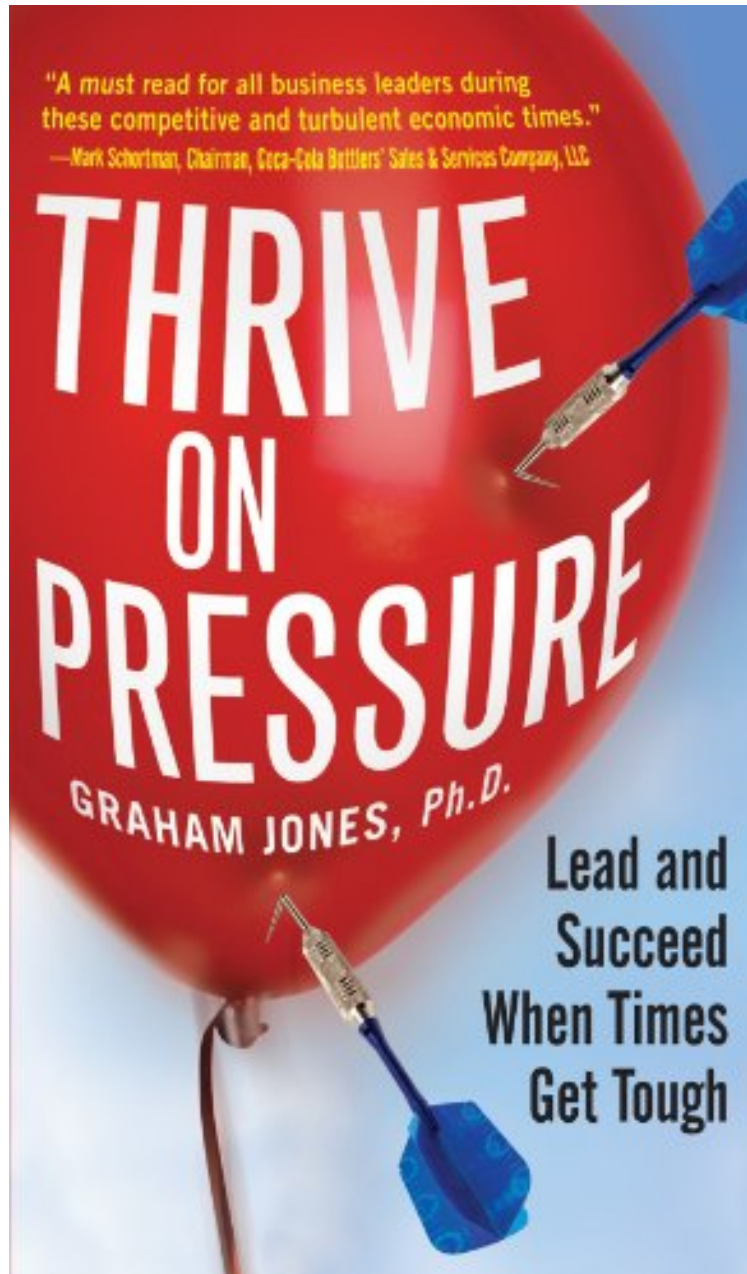


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Thrive on Pressure: Lead and Succeed When Times Get Tough (Business Skills and Development)

Graham Jones

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on Pressure: Lead and Succeed When Times Get Tough (Business Skills and Development):

0 of 0 people found the following review helpful. Thrive On Pressure will not collect dust! By Jan Olsen Thrive On Pressure: Lead and succeed when times get tough is an easy read that focuses on common sense tools to help all managers understand the difference between "safe" and "real" leaders of today and the future. Graham brings to the forefront techniques to help all real leaders manage through these extraordinary economic times and beyond. My team of leaders have all read this book and gave me 5 Star feedback. I have read 100s of leadership books and this one will not collect dust! Jan 1 of 1 people found the following review helpful. Four Stars By S'pha Ndawonde Fantastic read for a developing leaders. Great, practical framework's, clearly explained and easy to apply 0 of 0 people found the following review helpful. We make our own stress By Jim Estill Jones book is a how-to book. How to thrive on pressure - just as the title says. It starts with a great chapter on "Now is no time to hide". This is a great message of leaders in times of pressure. It is broken into 5 Master Classes with a few chapters devoted to each: 1 - Real leadership, pressure and mental toughness 2 - Staying in control under inevitable stress that comes with being a real leader 3 - Strengthening your self belief and ability as a leader 4 - Channeling your motivation to work for you in your role as a real leader 5 - Directing your focus to things that really matter in your role as a real leader. Each chapter starts with key topics and ends with key takeaways which makes it fast to read and follow. Some of the key takeaways I liked: Mental toughness can be developed. Most stress is self imposed. Focus on what makes a difference. Good book for anyone studying how to deal better with pressure.

Be the Leader Who Is Cool, Calm, and in Control--Even in the Worst of Situations "This book is a great guide for helping you thrive on pressure and use it to your advantage." -- Bill Vit, President and COO, Aon Affinity Insurance Services "Thrive on Pressure focuses not only on theoretical aspirations, but also on practical measures to manage and utilize the pressures that are an inevitable part of the job." -- Edward Dolman, Christie's International PLC When the going gets tough, you get going! Author Graham Jones, Ph.D., whose work has been featured in the Harvard Business Review, shows you how to excel when the chips are down and use pressure to your advantage. With his successful program, you'll learn how to: bull; Manage stress bull; Develop strong self-belief bull; Improve mental outlook bull; Channel motivation into tangible goals bull; Refine your focus If you have the guts to make a real difference in your organization, you're ready to Thrive on Pressure and produce positive results for you and your team!

About the Author For more than 20 years psychologist Graham Jones, Ph.D., has worked with people from all walks of life, helping them reach their high-performance levels. He is the founder of Lane4, a leading international performance development consultancy with offices in the United States, England, and Asia. Jones lives in Princeton, NJ.