



# Performing Under Pressure: Gaining the Mental Edge in Business and Sport

*Saul L. Miller*

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**Performing Under Pressure: Gaining the Mental Edge in Business and Sport** Saul L. Miller

Some pressure keeps you focused, but too much pressure can cripple your performance. One of the world's top sports and business psychologists teaches you how to manage any and all kinds of pressure, and make it work for you.

## **Praise for *Performing Under Pressure***

"The game demands more than just talent. You need to be able to perform when it counts. Dr. Miller's book is an excellent guide for performing under pressure... a great read, I highly recommend."

—**Billy Beane, General Manager, Oakland A's**

"As someone who battled for 1000 games in the NHL and now operates a multimillion dollar business, I perform under pressure every day. Dr. Miller's advice is well worth reading. *Performing Under Pressure* is a practical book with proven techniques for sport, business and life."

—**Dave "Tiger" Williams, former NHL star and entrepreneur**

"To win in sport and business you have to perform under pressure. Dr. Miller's been there...and this book tells you how."

—**Alan Brahmst, corporate strategist, Olympian and World Cup coach**

"Dr. Miller has excellent advice to help everyone deal effectively with challenges and pressure in order to be the best they can. I believe that the ability to understand and manage pressure is a key life skill for everyone whether you are an elite athlete, CFO or dealing with life pressures."

—**Tom Webster, CFO, Envision Financial and First West**

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