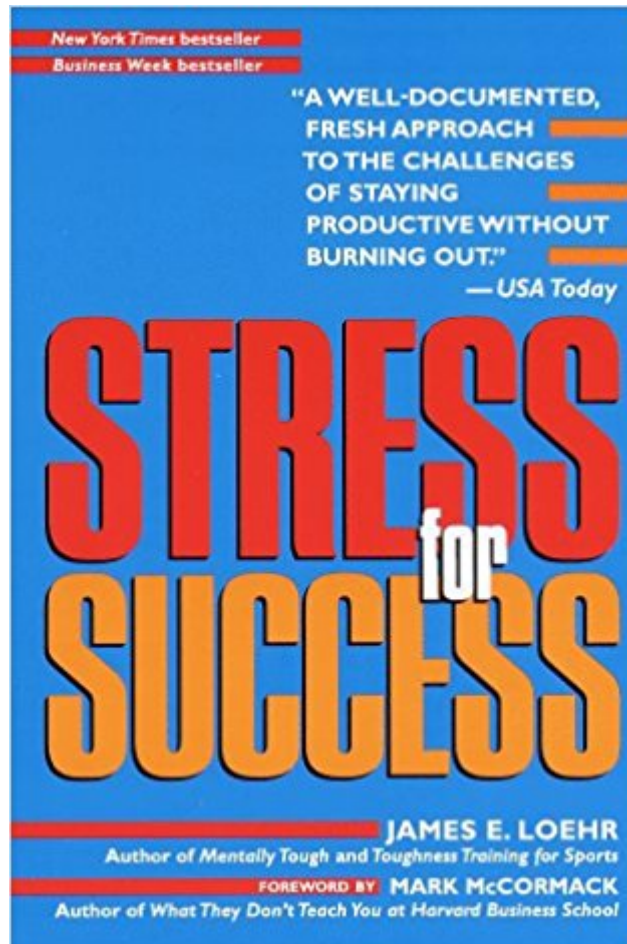




The book was found

# Stress For Success



## Synopsis

renowned motivational coach of world-class athletes turns his attention to those in the corporate world. In Stress for Success, business people get a practical, performance-based program to strengthen their physical, mental and emotional resilience. Loehr's 30-day program shows readers how to gradually make the kind of personal lifestyle changes that bring about the kind of high-level performance demanded of people at every level of the corporation. From the Hardcover edition.

## Book Information

Paperback: 272 pages

Publisher: Crown Business; 1st Pbk. Ed edition (July 21, 1998)

Language: English

ISBN-10: 0812930096

ISBN-13: 978-0812930092

Product Dimensions: 5.5 x 0.6 x 8.1 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 4.8 out of 5 stars 14 customer reviews

Best Sellers Rank: #601,278 in Books (See Top 100 in Books) #22 in [Books > Business & Money > Business Culture > Health & Stress](#) #256 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Occupational & Organizational](#) #381 in [Books > Medical Books > Psychology > Occupational & Organizational](#)

## Customer Reviews

renowned motivational coach of world-class athletes turns his attention to those in the corporate world. In Stress for Success, business people get a practical, performance-based program to strengthen their physical, mental and emotional resilience. Loehr's 30-day program shows readers how to gradually make the kind of personal lifestyle changes that bring about the kind of high-level performance demanded of people at every level of the corporation. From the Hardcover edition.

This book encapsulates almost everything which it's taken me 10 years to learn as a fitness, lifestyle, and nutrition coach. Stress For Success goes beyond what is taught in many university bachelors courses and was recommended by one of my professors, a psychologist. Much of the information in these pages reflects what clinical research is still showing 10 years after this book was first published. This is a book that was way ahead of it's time and is more pertinent now because we have more people becoming ill because of being unable to cope with what they

perceive as being stressful. It was exciting and informative to read, and the author does a good job of giving guidelines for how to live a healthy and happy life, and ways to adjust instead of reacting to events which we may perceive as being stressful. Some of the nutritional guidelines are a little antiquated, but most of them are solid advice, and I love the way Loehr has taken a very holistic look at stress. As a professional, I HIGHLY RECOMMEND this book to absolutely everyone.

Being in a stressful job, it's taken its toll on my health in a number of ways. James Loehr's book turned my attitude to stress around completely. One of its main messages is that stress is good, if your attitude is right, and you have adequate recovery time. It says without stress we can't grow and get stronger. We actually need stress in our lives. I wish I had read *Stress for Success* 20 years ago and I would have saved myself so much pain and stress related illnesses, and used stress to my advantage. Highly recommended for private sector workers. A super read.

Though not a new book, this is one of the great classics for an executive's library. I highly recommend it for any leader who has a high pressure, high stress, high stakes role. Unlike most in this genre, it doesn't suggest that you eliminate stress. Rather it teaches you how to train for it physically and mentally so you can enjoy the ride like a great athlete at the top of their game.

Excellent guide for your corporate athlete training. Jim Loehr has been training pro athletes since 1976. He tackles the corporate world with a detailed training program designed to make you healthier and better prepared for the rat-race in corporate America.

I thought this is a rather unique way of looking at stress. According to the author, we need stress to live - it's what motivates us and takes us to a higher plain. I like the interjections of stories of successful people that explain the various portions of the book; they are also unique in themselves.

This book is phenomenal. I highly recommend it. It approaches stress from an entirely new perspective. It's easy to read, easy to understand and its message is easy to integrate into your life. I run stress management workshops as a part of my private practice and this book has provided me with much insight. If you're looking for a book on stress management, this is the book to buy. You'll be happy you did! Linda Myers

I have been acquainted with this book for about five years, and it has proved to be the most

significant book in my life next to the Bible. It is a book on how to get your life together for the long haul, with principles for living that are transforming. It is a call to discipline for maximum performance. Get it!

Fast shipping and received as advertised. Thanks

[Download to continue reading...](#)

Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Swear Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) The Art of Belief: Design Your Mind to Destroy Limitations, Unleash Your Inner-Greatness, and Achieve the Success of Your Dreams (Success Mindset, Mind Development, Personal Success Book 1) Animals Adult Coloring Book: Stress Relieving Patterns of Elephants, Cats, Dolphins, Owl, Peacock, Panda, Fox, and More (Stress Relieving Designs) (Volume 1) Adult Coloring Book Designs: Stress Relieving Patterns, Mandalas, Cats, Flowers, Animals, Henna, and Paisleys for Stress Relief Relaxation and Zen The Adult Coloring Book for Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief) Coloring Books For Adults Volume 1: 40 Stress Relieving And Relaxing Patterns, Adult Coloring Books Series By ColoringCraze.com (Adult Coloring Books, ... Anti Stress Coloring Books For Grownups) American Football Sketch Gray Scale Photo Adult Coloring Book, Mind Relaxation Stress Relief: Just added color to release your stress and power brain ... and grown up, 8.5" x 11" (21.59 x 27.94 cm) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) Stress Effects: A fascinating look at the effects of stress on breathing patterns, gut microbiome, adrenals and addiction. Why Zebras Don't Get Ulcers : An Updated Guide To Stress, Stress Related Diseases, and Coping ("Scientific American" Library) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children, Improve Sleep, Manage Stress and Anxiety (Indigo D Anxiety - 220 Stress Free Cures: 120 Simple

Ways to Reduce Stress in Your Life & 100 Powerful Quotes Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping - Now Revised and Updated The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity Coloring Books For Adults Volume 6: 40 Stress Relieving And Relaxing Patterns (Anti Stress Coloring Books For Grown-ups) Combat Stress Injury: Theory, Research, and Management (Psychosocial Stress Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)