



Clutch: Excel Under Pressure

By Sullivan, Paul

Portfolio, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: 'Anyone who feels that they tend to lose their confidence when the stakes are high can glean something from this analysis.' - The Associated Press Sooner or later everyone encounters a situation in which the stakes are high and the outcome is vital. And even top performers can crumble when faced with such extreme pressure. But then there are the performers who thrive under such conditions: the ER doctor racing the clock to save someone's life; the lieutenant who leads his platoon to victory after an ambush; the young attorney who refuses to be intimidated in court and wins the crucial case. These people are clutch, and their ability to overcome extreme pressure consistently and beat the toughest odds fascinates us. How do they do it? According to Paul Sullivan, clutch performance does not stem from an innate ability. It's a learned skill—the art of operating in high-stress situations as if they were everyday conditions. Drawing on new research and interviews with stars across a range of fields, Sullivan uncovers the shared traits that define clutch performers and explains how anyone can apply their strategies. This is a...



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Reviews

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-- Dr. Garnett McLaughlin II

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-- Gavin Bosco IV

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