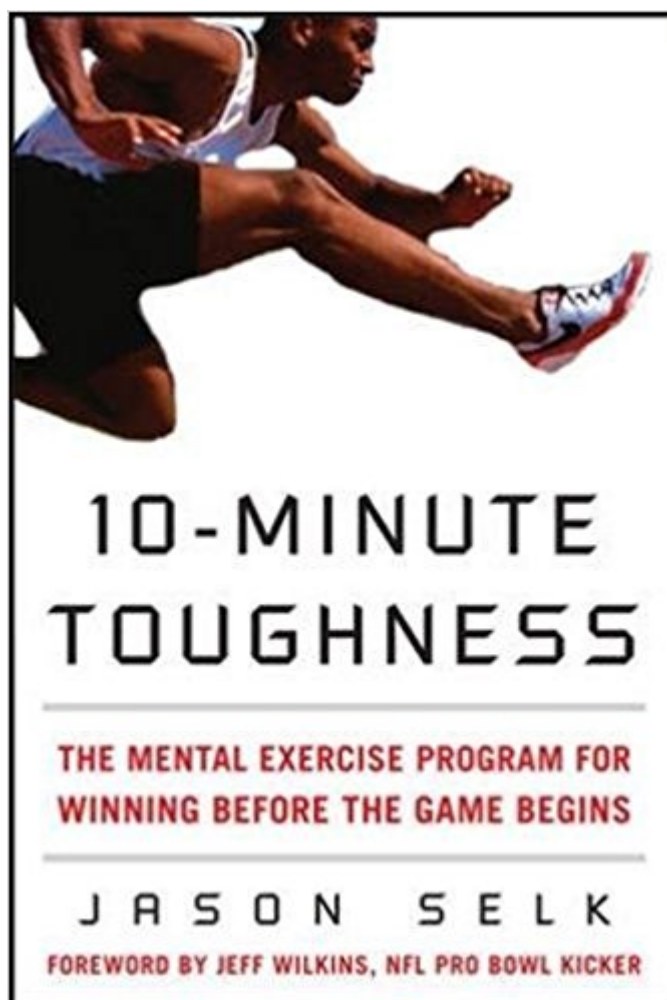


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# 10-Minute Toughness: The Mental Training Program For Winning Before The Game Begins (NTC Sports/Fitness)



## Synopsis

“10-Minute Toughness is a solid mental training program. In fact I feel it is the best of its kind. . . . [It’s] what the title says: ten minutes a day that connects your talents and abilities to the outcome you’re seeking. As a retired NFL player looking forward, I can see as many applications for the toughness Jason Selk’s program brought out of me in the business world as there were on the football field.”

--Jeff Wilkins, Former NFL Pro Bowl Kicker

“The mental side of the game is extremely important. 10-Minute Toughness helps the players develop the mental toughness needed for success; it really makes a difference.”

--Walt Jocketty, General Manager of the 2006 World Champion St. Louis Cardinals

“Jason Selk has spent a tremendous amount of time and energy developing effective mental-training programs and coaches workshops. He is truly committed to helping individuals and teams to perform at their very best, when it really counts.”

--Peter Vidmar, Olympic Gold Medalist

Mental training is a must for high performance both on the field and off. But simply hoping for mental toughness isn’t going to build any mind muscles. You need a proven routine of daily exercises to get you where you want to go. 10-Minute Toughness is your personal coach for boosting brainpower and achieving a competitive edge in whatever game you play. With quickness and ease, you’ll learn how to master your own mind and psych out your opponents using personalized techniques from one of America’s most successful sport psychology consultants. Like no other program available, the 10-Minute Toughness (10-MT) routine gets you ready for the competition in just ten minutes a day.

## Book Information

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## Customer Reviews

No psychobabble, no self-help clichés, no touchy-feely theories. Whether you're striving to get ahead in business or sports, 10-Minute Toughness is the simple and effective mental-training program to help you make the most of what you've got and give you the extra push you need to go the distance. You'll find the competitive edge you have been looking for in this power-packed guide. Sport psychology consultant Jason Selk offers his potent three-step program to getting focused and staying on target, using just ten minutes of practice per day. He explains exactly what to do and how to do it, coaching you step by step as you learn how to: Develop a specifically tailored mental workout to increase ability and consistency under pressure Clear mental clutter and improve your competitive focus Systematically enhance your work ethic Use an effective goal-setting program to achieve solid results daily Create a relentless solution-focused approach to overcome any obstacle Selk has provided unbeatable mental coaching for numerous All-Star professional baseball players, Pro Bowl football players, Hall of Fame coaches, Olympic gold medalists, and other elite athletes, along with the corporate teams of many Fortune 500 companies. He even motivated the St. Louis Cardinals to victory in the 2006 World Series. Now, in 10-Minute Toughness, he makes his scientifically proven routines widely available for the first time. Packed with practical tools, tips, exercises, and activities, it is your complete guide for taking control of your success and beating your opponents-before the competition even gets going.

Jason Selk is the director of sport psychology for the St. Louis Cardinals. He is also the director and owner of Enhanced Performance Inc., which can be found on the Web at [www.enhancedperformanceinc.com](http://www.enhancedperformanceinc.com). He lives in St. Louis, Missouri.

Ã Mental toughness.If we want to optimize our lives and actualize our potentials, we MUST get our minds strong! This book is a \*great\* look at how to go about doing that. It's a quick-reading, engaging look at Jason Selk's practical, 10-minute plan to mental toughness.As Jason said, "The 10-Minute Toughness program is simply about identifying and utilizing a handful of mental tools that are proven to help people perform more consistently."Here are my top 5 Big Ideas for the book:1. 10-Minute Workout - A quick look at the basics.2.  $6 + 2 + 7 =$  A magic formula.3. Thought Replacement - Swap out the - for a +. Every time.4. MT Goal Goodness - Seven key ideas.5. Be Solution Focused - Relentless.Remember our key question: "What is the one thing I can do that could make this better?" Always (!) be relentlessly solution focused. And NEVER give up. Ever.To find 250+ more reviews visit <http://bit.ly/BrianReviews>

I found the book very interesting especially the 10 minute toughness routine/practice. The one thing I questioned is the part of positive affirmations. While they are important the book does not address the emotional aspects of high performance and how the emotional baggage we bring to our goals undermines our ability to succeed. I believe this is a good tool to have but one needs to have a thorough understanding of their emotional states and how these impact performance despite the rational/logical side of the brains' rationale. In the end, imho, it is the subconscious that directs our behaviors and potential performance. Only by making peace and accepting who we are and what activates the various emotional states will we be able to live and function in spite the maladaptive behaviors we bring to the table.

This book tells you what you need to do to create the life you want. It's simple, it's easy, and it's designed to be used to create a 10-minute daily mental program that can be modified and used to consistently achieve anything you want, one day at a time. I read this book after a six year long study of performance psychology texts and interviews. I read the books Overachievement, Mental Toughness, and With Winning in Mind. These are all excellent books, but they only really graze the surface of what you really need to know and do. Emphasis should be placed on "do," because this is really where you learn what you need to know anyway. Any book can tell you to only focus on controlling what you can control (and stop worrying about what you cannot control, such as the score, the weather, the opponent's skill level, etc). But few books teach you how to determine what you can control and how to create performance specific goals so you can continuously improve yourself in the areas of highest importance. The best part about this book is its explanation of product goals and process goals. It explains the "paradox of product goals" which is only hinted at in other books (if it isn't missed completely). In my opinion this is the conceptual crux of this book, for it teaches you how to focus on process goals but do regular assessments of product goals to see if you're heading in the right direction. No other book I've read on self-help or psychology gets you up to speed with this, let alone so rapidly and precisely. I loved 10-Minute Toughness and love how the author designed it for use. If you read it a couple of times, follow Jason's directions, and DO the 10 minute program every single day, you WILL notice the difference. And it will be a big one.

I thought the training was very helpful and am just starting to work with the exercises. I bought this when I noticed that I was letting my perceptions of other athletes shape my performance and wanted a "hands on" toolkit to help with mental conditioning for competition. I bought this as an

ebook and will buy the paper version because there are worksheets and fill in the blank exercises that really require the paper format.

I chose this rating based on my first instincts after reading the chapters. I found out that it isn't meant for the tracks of long distance runners in Cross Country/Track. It references football, basketball, etc. I found that this to be quite contradictory to my actual sport and that the main concepts aren't delved too deeply to the point. I recommend this for football, basketball, volleyball, and other sports that involve more technique. However, I'd highly suggest that long distance runners seek for a more general guide to the psychology of our sport in another book. I felt the breathing technique was useful but everything else was unfit for my sport. Jason Selk has experienced this with football players and others alike, but not fully to the extent for the lesser known sports such as running. Jason would be a great asset towards football.

This book provides a neat concise method to improve your mental thought patterns so you're living the life you really want. It's focused on sports but is applicable to life on general. The only criticism would be that there are way too many anecdotes - the author should have spent more time covering how to visualize better or practice visualization better after relaxation and also on scenarios where this technique would be useful besides sports. But still a very worthwhile read and something to come back to time and again

Regardless of what you read about this it is 90% sports focus. You can apply this anywhere, but he offers a paucity of translation help. The power is in his systemizing existing knowledge, and he does it well. The first half of the book is considerably stronger than the 2nd half. All in all recommended, almost gave this 4 stars.

I have implemented the tips in this book for the last two years, and it works.

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