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Sommario/riassunto	<p>Were you ever advised to "just relax" before making a big speech? Don't. From Texas A techniques like visualization and goal setting, based on pseudoscience rather than empirical evidence, often get in our way rather than propel us forward. Drawing on field-tested experiments and extensive research in neuropsychology, Eliot shares why these "common sense" strategies tend to come up short for the majority of people--and how, instead, great accomplishments are more likely to result from "Putting All Your Eggs in One Basket", "Thinking Like a Squirrel", and "Embracing Butterflies As a Good Thing". These counterintuitive practices not only trigger your full natural talent, but also teach you how to thrive under pressure, not dread it.</p> <p>OVERACHIEVEMENT incorporates Eliot's work with Fortune 500 companies, Olympic athletes, renowned surgeons, military pilots, and Grammy-winning musicians, providing you with a powerful combination of inspiring stories and life-changing tools, offering the skills needed to overcome stress and rise above your peers in the boardroom, on the playing field, or in the normal day-to-day of life.</p>