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takes you through

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- Accountability truly develop a

- “no-excuse” mentality
- Focus significantly increase

- attention, focus and confidence
- Optimism recognize and

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these critical behaviors part of your everyday routine. Practice your accountability, focus, and optimism, and you'll be on the path to attaining your goals; make them part of your mental "DNA," and there will be no turning back--ever.

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Dr. Jason Selk is the

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turning back—ever.

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The "executive toughness" to which the title of Selk's book refers is essentially the same strength found in peak performers in all other human activities. But as

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Coach Wooden

would be the first to  
add, human  
greatness also

involves strength of  
spirit and, even more  
essentially, strength  
of character.

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