



The 7 Master Moves of Success

By Jag Shoker

Bennion Kearny Ltd, United Kingdom, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.One of the most common cliches about success - that it is a journey, not a destination - has concealed one of its most defining qualities. Success really is a dynamic and ever-moving process. It is about making the right moves at the right time. In this absorbing and uplifting book, Jag Shoker - a leading performance coach to business leaders, sports professionals and creative performers - brings the science and inspiration behind success to life. He reveals the 7 Master Moves that combine to create the high performance state that he calls Inspired Movement: the ability to perform an optimal series of moves to create the success you desire most. Drawing widely on scientific research, his extensive consultancy experiences, and insights into the successes of top performers in business, sport, and entertainment, 7 Master Moves is a synthesis of the leading-edge thinking, and paradigms, that underpin personal performance and potential. Building upon key research in fields such as neuroscience, psychology, expert performance and talent development - 7 Master Moves represents an evidence-based meta theory of...



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