

# The Winners Mind: A Competitors Guide to Sports and Business Success



Acknowledging the conventional wisdom that winning isn't everything, this guide takes the position that winning is still eminently preferable to losing and lays out a step-by-step plan for succeeding at any of life's endeavors. In addition to sharing his personal experiences as a world-class tennis player and successful businessman, Allen Fox unveils the secrets of champions and reveals how everyone can put them to use to tilt the odds in their favor in a hilarious, take-no-prisoners tone. Factors contributing to success, such as common mental characteristics of winners and the role of intellect over emotion, as well as obstacles to victory such as the insidious and pervasive fear of failure and the unconscious struggle between ambition and fear, are also discussed.

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