



# The Winning Mind: A Guide to Achieving Success and Overcoming Failure

*Steve Backley, Ian Stafford*

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# **The Winning Mind: A Guide to Achieving Success and Overcoming Failure**

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**The Winning Mind: A Guide to Achieving Success and Overcoming Failure** Steve Backley, Ian Stafford  
A title which shows how to achieve success in sport and business by adopting the right frame of mind, with coverage of such topics as goal setting, relaxation techniques, visualisation, positive arousal, negative arousal, motivation, competition and team work.



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