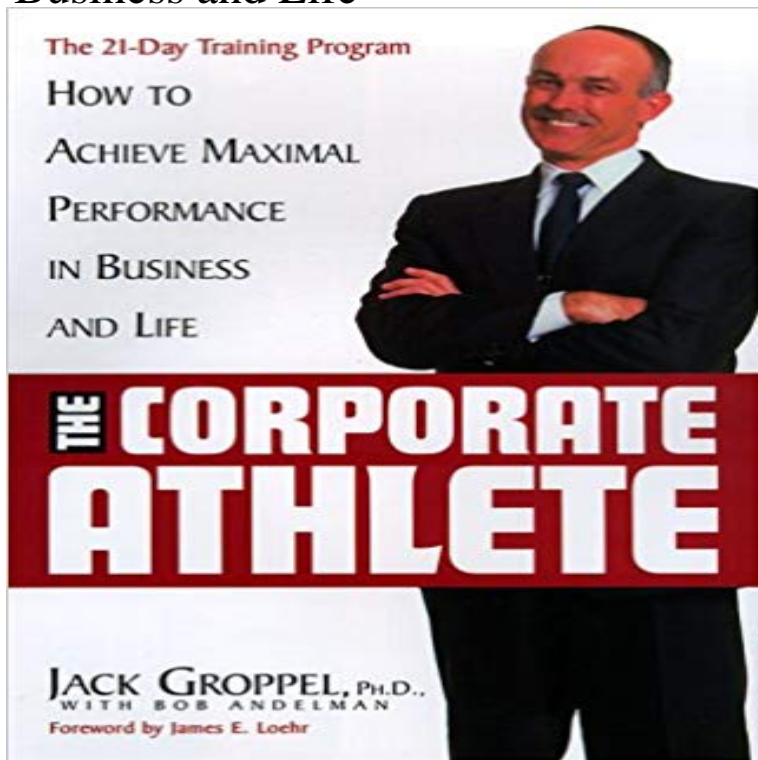


# The Corporate Athlete: How to Achieve Maximal Performance in Business and Life



Today's corporate world is much like the world of professional sports -- fiercely competitive, mentally and physically demanding, and requiring constant, vigilant, training. More than ever, to maintain health, happiness, and career success, executives and employees must become Corporate Athletes. Based on the latest scientific and medical studies, The Corporate Athlete tells corporate competitors how to achieve maximum performance levels. Drawing on the parallels between sports and business, Jack Groppe reveals the integral roles that nutrition, fitness, and self-improvement -- mental, physical and emotional-play in giving corporate athletes their winning edge. Learn to: \* Have as much energy for your family at 8 p.m. as you have at the office at 8 a.m. \* Respond to change, adversity and crisis more constructively \* Slow down the aging process Whether or not you can hit a home run or run a marathon, this program will train you to perform at the highest possible levels in both your professional and family life.

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