



Living in the Sweet Spot: Preparing for Performance in Sport and Life

Amy Baltzell

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Living in the Sweet Spot: Preparing for Performance in Sport and Life is a fresh, inspiring guide of how to get ready for life's big performances. The author integrates the best of the new field of positive psychology with the essentials of sport psychology. Readers of this book learn how to strengthen their experience of daily fulfillment and concurrently get the most out of themselves when the big moments take place. The issues performers face when under pressure come to life through examples of top athletes, musicians and from the author's experiences as an Olympian and America's Cup sailor. Every chapter contains practical, effective reflective exercises that help readers rise to the challenge of performing their best when it counts.

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