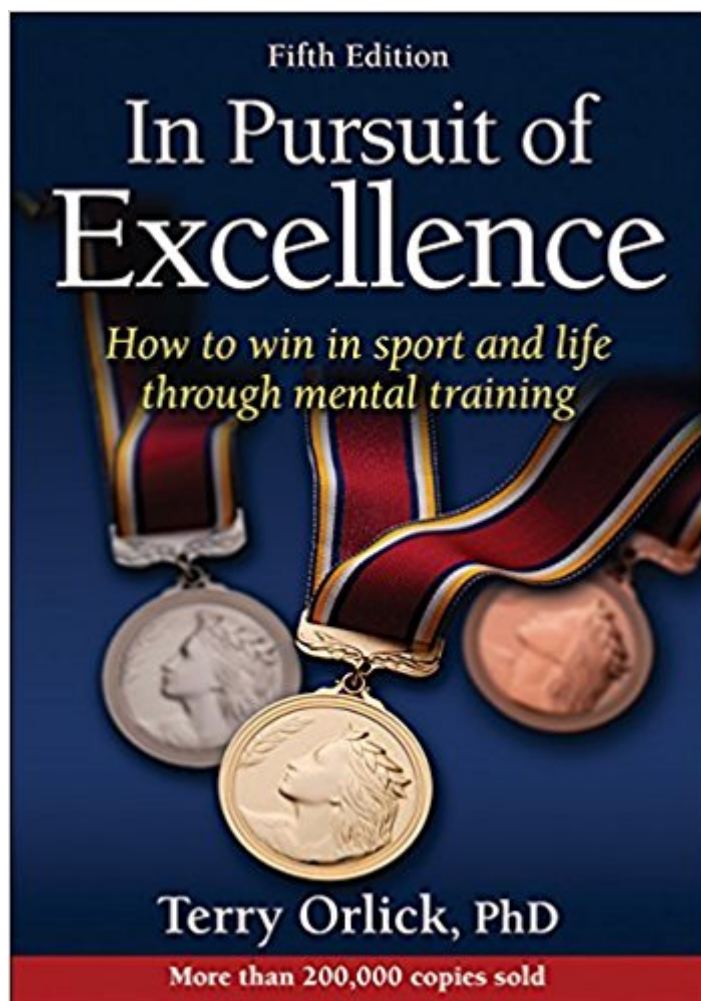


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# In Pursuit Of Excellence 5th Edition



## Synopsis

Whether you're an athlete, aspiring coach, or business professional, the ultimate goal remains the same: reaching your potential. Author Terry Orlick, an internationally acclaimed sport psychologist, has helped hundreds of Olympic and professional athletes maximize their performances and achieve their goals. In this new fifth edition, Orlick provides the most effective strategies and step-by-step plans for you to develop your personal path to excellence. You'll learn to focus for excellence while living and enjoying life to the fullest. You'll gain a more positive outlook, a more focused commitment, better ways of dealing with distractions and pressures, and strategies for overcoming obstacles. You'll also achieve greater personal and professional satisfaction and discover better ways to work with teammates, respond more effectively to coaching and guidance, and become more positive and self-directed in your thoughts and actions. Both practical and inspirational, *In Pursuit of Excellence* is a guide to daily living and motivation as well as a road map to long-term achievement. Read it, use it, and win with it " personally and professionally.

## Book Information

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## Customer Reviews

“This book is for those who are not satisfied with good enough. I have known Terry for over 20 years, and his insights have provided me with the guidance I need to stay focused on the things that really matter to achieve my goals. I regularly use the strategies he shares in *Pursuit of Excellence* in my work with coaches around the world, from youth sport to the world's best Olympic and national team coaches.” • Wade Gilbert, PhD-- Professor, Department of Kinesiology California

Terry Orlick, PhD, is a professor in the School of Human Kinetics at the University of Ottawa. He obtained his PhD in the psychology of sport and physical activity from the University of Alberta in 1972. He is one of the world's leading authorities on the psychology of excellence and quality living and has worked with some of the world's top performers. His research has focused on enhancing the quality of life and quality of performance with children and high-level performers in a variety of disciplines. Orlick has worked with thousands of Olympic and professional athletes and coaches; corporate leaders; astronauts; surgeons; top classical musicians; dancers, opera singers, and other performing artists; mission control professionals; and many others engaged in high-stress performance missions. Former president of the International Society for Mental Training and Excellence, Orlick has authored 30 highly acclaimed books, has published hundreds of articles in a variety of professional journals, and is founder of the Journal of Excellence, Positive Living Skills, and the Zone of Excellence. He holds distinguished service awards from numerous Olympic and education associations as well as certificates of merit from governments, universities, sport organizations, and schools for distinguished service to the community. He has given lectures on the pursuit of excellence in virtually every corner of the world. Orlick lives with his family at Meech Lake, Quebec.

Excellent book, I learned so much about myself

Very detailed and informative

a very interesting read and highly applicable!

Terry Orlick's advice for winning and having a positive outlook reminds me of my running coach back in high school. I think *In Pursuit of Excellence* could've been his bible. Naturally, as a 17-year-old I didn't appreciate the lessons nearly enough. We spent what seemed like an unnecessary amount of time drawing up race plans—actually writing them down in a notebook—and doing visualization drills. I now see the value, but back then all I wanted to do was run. In this book, the author has a tried-and-true formula for success, but since most of us have never competed on the level of the audience he's speaking to, I'm guessing all the planning, visualizing, self-evaluations and pep talks he preaches won't make much sense to the casual

reader. Terry Orlick is straightforward and completely un-cynical with his methods. I admire him for that. And he gets results. That's what matters most.

In this recent edition of "In Pursuit of Excellence", Dr. Terry Orlick presents his formula for just that - pursuit of excellence. He relies heavily on his experience with world class athletic achievers, but more importantly extrapolates a guide for all seeking their apex. I found myself many times in this reading reflecting on my own life parallels of focusing on goals, positive reinforcement, controlling distractions etc, to achieve what at some times seemed unachievable life goals. This is however, not a book to be taken lightly. Orlick guides you through others challenges, demonstrates how focus and re-focusing when coupled with well applied action leads to success. You have to dot yourself. In a world of distractions, Orlick's guide is a much needed resource. Executives, athletes, leaders of all sorts and the great doers of our modern world could all benefit from reading this guidebook to achieve their greatest success. A must read.

Develop mental toughness for sport - and life. Great book!

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