



The Psychology of Winning: Summary of the Key Ideas - Original Book by Denis Waitley

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Simplicity and discipline in one's life are required in order to achieve a desired goal. There are several ways one can implement to approach their goals in life. The most effective one is to develop good habits, stay positive and healthy. Those who are committed and sincere will be able to accomplish major goals in their life and surprise themselves.

Who should read this book:

- Anyone in search of self-help, self-motivation and self-discipline.
- Professionals who need to be reminded of the need for simplicity in their complex life.
- Anyone who seeks to learn the art of accomplishing goals through simple means.

In this summary:

Chapter 1: Being a winner is about having the right attitude and state of mind

Chapter 2: Mastering the art of self-motivation and staying focused makes winners

Chapter 3: Self-awareness, adaptability and empathy are qualities of a winner

Chapter 4: Develop and strengthen your sense of self-esteem and self-confidence

Chapter 5: Winners control their behavior by improving their self-image

Chapter 6: Winning is about developing the habits of a positive lifestyle

Chapter 7: Winners have high self-belief and self-determination

Chapter 8: Winners have an all-rounder personality which benefits people around them too

Chapter 9: Winners have set targets and goals with a purpose in their life

Chapter 10: Self-discipline and self-commitment are essential to be a winner

Chapter 11: Winners never quit and possess a strong mindset to achieve success in life

Chapter 12: Final Summary

Evolve opinion

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By *Evolvo*

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