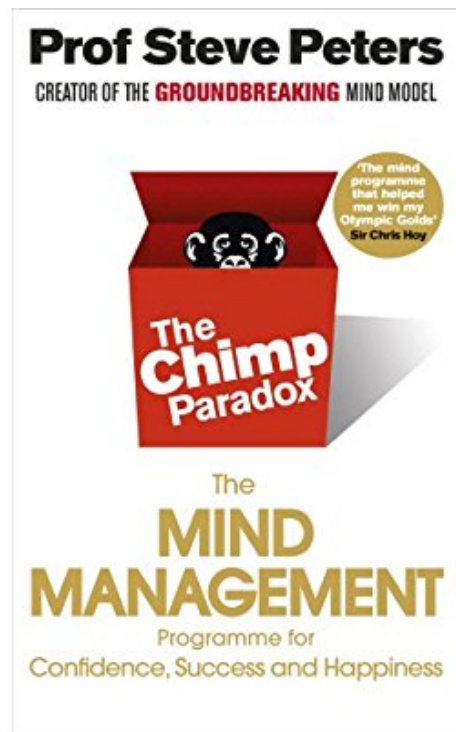


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Synopsis :

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Steven Gerrard 'The mind programme that helped me win my Olympic Golds' Sir Chris Hoy 'Steve Peters is the most important person in my career' Victoria Pendleton, World and Olympic Cycling Champion 'Steve's been excellent. He is a specialist in what he does and a genius in that field, and is such an understanding guy.' Brendan Rodgers 'Absolutely fascinating, the book is fantastic ... I'm obsessed with this book' Chris Evans, Radio Two
Read more About the Author Dr Steve Peters is a Consultant Psychiatrist and has worked in the clinical field of psychiatry for over 20 years. He specialises in optimising the functioning of the mind and also holds degrees in mathematics and medicine. Dr Peters is Undergraduate Dean at Sheffield University Medical School and resident psychiatrist with the British Cycling and Sky ProCycling teams. Sir Chris Hoy, Bradley Wiggins, Craig Bellamy, Ronnie O'Sullivan and Victoria Pendleton have spoken publically about how Dr Peters' unique model has helped them improve their performance. Outside of elite sport, Dr Peters works with CEOs, senior executives, students, hospital staff and patients, helping them to understand why they think and act as they do and how to manage their minds to optimise their performance at work and in their personal lives. Read more
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