



Stillpower: Excellence with Ease in Sports and Life

Garret Kramer

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Fuel Your Performance, and Life, with the Clarity of Stillpower

For years, athletes, coaches, parents, and organizations have searched for the secrets to optimum mental performance. However, in spite of a myriad of tools and techniques, success and contentment continue to be as elusive as ever, until now. Garret Kramer's *Stillpower* offers a revolutionary explanation for this predicament and provides a basic, yet dynamic, approach for the future. In an accessible style, Kramer reveals the innate principles behind consistent achievement and highlights the misalignment between the experiences of all performers and the strategies of the coaches, psychologists, and experts who are hoping to help them.

Stillpower uses real-life examples to explore such questions as: What is “the zone” and what must we do (or not do) to get there? Why do we need to understand the difference between insight and intellect? Is goal setting really useful? Why doesn't willpower work? And why do the best mentors focus on a person's state of mind and not behavior? Virtually all of us—athletes and non-athletes alike—are looking outside of ourselves, trying to unlock the keys to happiness, freedom, and excellence with ease. *Stillpower* encourages us to look within to finally find the answers.

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