



# Less Than a Minute to Go: The Secret to World-Class Performance in Sport, Business and Everyday Life

*Dr. Bill Thierfelder, Mike Krzyzewski*

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## **Less Than a Minute to Go: The Secret to World-Class Performance in Sport, Business and Everyday Life** Dr. Bill Thierfelder, Mike Krzyzewski

My friend Bill Thierfelder, a great leader and motivator, puts the words and descriptions to what we leaders try to do every day to challenge ourselves and our teams to be at our best, all the time. —Coach Mike Krzyzewski, from the Foreword Dr. Bill Thierfelder knows what it takes to win. As a student at the University of Maryland he dominated the high jump, winning fame as an All-American and Irish national champion. Later he earned his doctorate in sports psychology. He became a private coach and mentor to the world's top athletes...and revealed to them his hard won secrets for success. In *Less Than a Minute to Go: The Secret to World-class Performance in Sport, Business and Everyday Life*, Thierfelder, now President of Belmont Abbey College, reveals the secrets to: • Becoming a world-class performer • Preparing your mind to win • Making peak performance a common occurrence • Playing with a passion that never ends But Thierfelder does more than give peak performance techniques. In these pages he shows why sports are worthy of our deep attention and effort, whether as athletes or as avid spectators and fans. He shows how sports can and should engage the highest parts of our nature that, in fact, only when we are so engaged can we truly excel. And he reveals how sports train and prepare us for other arenas...where we all are players and where our choices have more significance than any World Series or Super Bowl. Join Dr. Bill Thierfelder in an exploration of sport—and of life—as you have never considered them before. Let this world-class athlete, mentor and coach teach you what he has taught so many others, from college students to superstars: How to give your very best when the clock is ticking...everything is on the line...and you have *Less Than a Minute to Go*.

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