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Book Summary:

\ "Executive

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behaviors part of

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your accountability,

focus, and

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you ' ll be on the
path to attaining
your goals; make
them part of your
mental " DNA, " and
there will be no
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Toughness is the step-by-step plan that will guarantee to develop mental toughness and produce results in business and in life.

People with inborn talent may be good at what they do—but only the mentally

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The "executive toughness" to which the title of Selk's book refers is essentially the same strength found in peak performers in all other human activities. But as

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Coach Wooden would be the first to add, human greatness also involves strength of spirit and, even more essentially, strength of character.

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