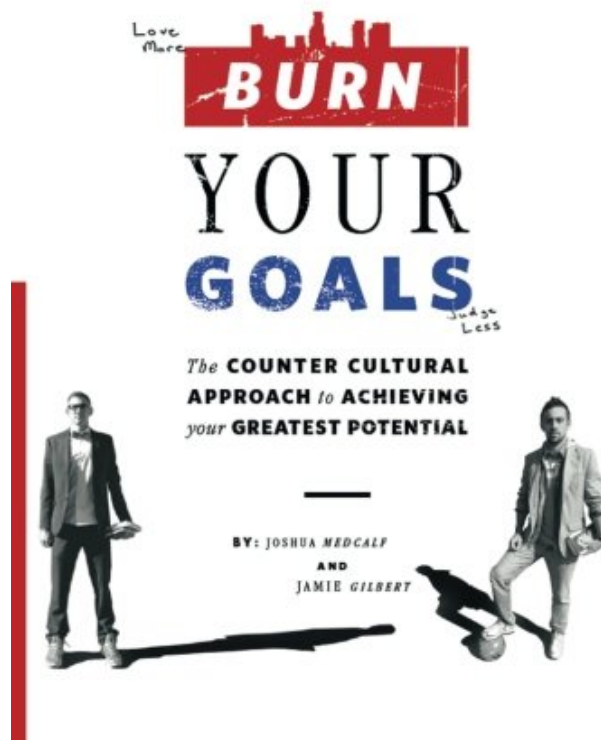


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Our counter cultural approach to mental training has helped transform leaders in sports, business, and education. The stories, strategies, and tools within will leave you encouraged and inspired. If you are looking for a quick fix, look somewhere else. If you are looking to achieve your greatest potential on the journey of life, you have come to the right place.

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I LOVED this book

By Tammy Cook

I LOVED this book! You know how you buy a book, thinking that it's going to help you do this, that, or the other? But all you get is more stuff to do because you haven't done enough already? And then you just have more stuff to do because you've already read a hundred books on the same subject? THIS BOOK ISN'T LIKE THAT! These authors empower you based on what you already have and who you already are! The authors take the long-held beliefs of "how-to-get-from-here-to-there" and pretty much turn it upside down. They show how we are capable of accomplishing "goals" and milestones, not from a cookbook approach which has been written, espoused and preached about endlessly, but rather from the view of allowing your God-given talents to break free from self-imposed restrictions. Your passions are evident, if you will just allow them to flow from a position of strength, rather than a view that you are lacking in some area or other. They show how you can actually TRUST yourself to be your biggest advocate - but from a view that we are made to be significant on this Earth by One who plants His significance in us. I highly recommend it.

4 of 4 people found the following review helpful.

Warning: ONLY READ THIS BOOK IF YOU ARE INTERESTED IN CHANGING YOUR LIFE

By Strom33

Meeting Joshua and Jamie changed the trajectory of my life. As an inexperienced coach, I found myself measuring success based on comparisons to others, meeting goals, and shooting low scores. After many conversations, face to face sit downs, and reading this book, I feel more equipped to influence lives of those around me. I now realize the importance of keeping "first things first" and their definition of true mental toughness. Once I adopted the idea that everything that happens to me is in my best interest and an

opportunity to learn and grow, I was able see things from a different perspective.

Throughout the book, Joshua and Jamie share stories and strategies that can change your life. I love how they give you questions to reflect upon and journal about. This is not a book you read through quickly, toss on a shelf, and forget about in a week. I have been referring to it since I received my personalized copy from two men who it am blessed to call friends.

Be warned. This book will change you forever. I am not falling in love with the process of becoming great. You will too!

2 of 2 people found the following review helpful.

Do not read this book without a highlighter handy!

By Sean Glaze

I became a fan of Joshua Medcalf a few years ago when I chanced upon his website. In the time that has followed, I have only become more and more impressed with the man and his message, and encourage you to do yourself a favor and invest in your own improvement by reading and familiarizing yourself with the lessons and ideas he shares with elite teams and coaches.

This book, *Burn Your Goals*, continues to deliver the same level of useful and immediately implementable ideas that Joshua began sharing to help people "Train to be Clutch."

Whether it is learning how to "sleep through the storms," or focusing on "competing instead of comparing," you will put this book down with a clear understanding of why he believes that people need to burn their goals and begin to focus on the controllable habits that will lead to real success.

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