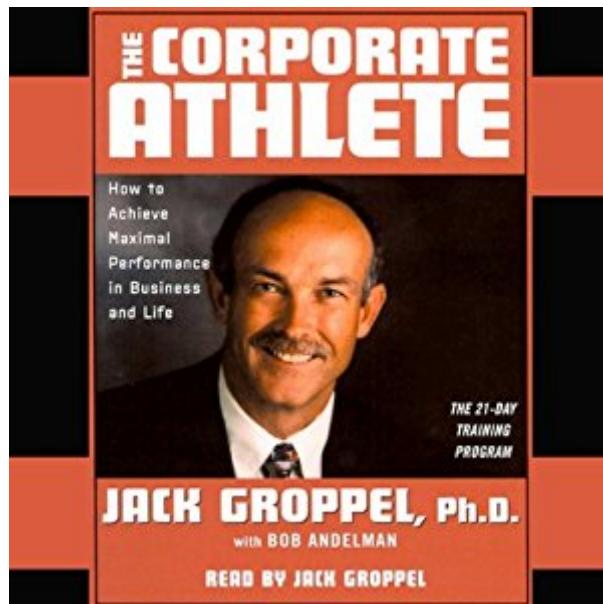


The book was found

# The Corporate Athlete



## **Synopsis**

Today's corporate world is much like the world of professional sports -- fiercely competitive, mentally and physically demanding, and requiring constant, vigilant, training. More than ever, to maintain health, happiness, and career success, executives and employees must become Corporate Athletes. Based on the latest scientific and medical studies, *The Corporate Athlete* tells corporate competitors how to achieve maximum performance levels. Drawing on the parallels between sports and business, Jack Groppel reveals the integral roles that nutrition, fitness, and self-improvement -- mental, physical and emotional-play in giving corporate athletes their winning edge. Learn to: \*

Have as much energy for your family at 8 p.m. as you have at the office at 8 a.m. \*

Respond to change, adversity and crisis more constructively \*

Slow down the aging process Whether or not you can hit a home run or run a marathon, this program will train you to perform at the highest possible levels in both your professional and family life. --This text refers to an out of print or unavailable edition of this title.

## **Book Information**

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## **Customer Reviews**

Very comprehensive look at the full picture of optimal work/life health and performance. Emphasis on improving 1% a day, versus radical, sudden shifts. Allowing "recovery" time is also a big theme of this book, and "eating to recover," following healthy choices most of the time, but accepting the 80/20 Rule of nutrition. (20% allowance for imperfection.) The book is now 15 yrs old, yet I appreciate his insight, particularly on nutrition. I feel like the internet helped usher so many radical thoughts about nutrition that it was refreshing to review some basics and fundamentals. The 21-Day

Plan included in the book is not only a good plan, it's an excellent summary of the important elements of the book. Overall, not much new information, but it is a new perspective; "training" for optimal performance. I enjoyed the integration of healthy living recommendations into this context.

The book does provide a structure and framework from which to radically change your physical, mental and nutritional behaviors. That in itself is well worth it if you have not been very active or neglected nutrition. However, it would be helpful to find updates on suggested nutrition and menus since I believe there is new research which may alter the suggestions for breakfast, lunch, dinner and snacks. Nonetheless, still a very good book for those of us that were looking for a framework and recommendations that could better structure our efforts to get healthier and perform at a higher level.

I bought this book after hearing a presentation Groppel made at a conference a few years ago, and being impressed with what he had to say there. The content of this book is great: simple, practical, accessible suggestions for improving your "health and happiness" through better exercise, diet, emotional balance, etc. I particularly like Groppel's pragmatic views on diet and exercise, which are not at all prescriptive, and thus attainable for anyone, no matter what their age and current activity level. I'm slowly trying to adopt his approaches and am finding them helpful. My one criticism is that the book is not very well-written: he tends to ramble a little at times and say similar things in multiple sections of a chapter in a rather unstructured way. If you can put up with that minor problem, you should get a lot of benefit from the book.

The Corporate Athlete provides insight that helps individuals perform at their peak -- maximum performance. Just like professional athletes train, so must corporate "athletes". It's a fine art to balance your mental, physical, emotional and spiritual life. Dr. Groppel provides a great plan to help you realize what's important, and how to achieve your full potential. I wish I would have read this 20 years ago....but it's never too late to become your very best! I'd highly recommend this book. Put a plan in action -- the proof is in your mindset and willingness to commit to action -- which the author provides careful details and a road map.

A great book for those that feel that there is a definite connection between physical fitness and career performance. Great for those already fit, but can be an inspiration to those who are not, but could benefit from some support as to the benefits of doing so. Read it, then read it once a year to

refresh.

great read for incorporating an athletic training approach to life. dr. groppel suggests to focus attention on nutrition, exercise and recovery time all in efforts to maximize performance at the office and in your personal life. want more energy for the important events in life? this read will help...

Solid

Finally - a book that delivers on its promise to help you get to the top of your game, to help you achieve maximal performance levels in life - and does so using a common sense approach that integrates experience, study and science with focus and commitment. The key is training like an athlete whether its following an exercise or nutrition program or developing a positive attitude. What a refreshingly realistic concept in this "a pill a day takes the fat away" world! Through Dr. Groppel's convincing clarity, it all makes perfect sense. And you don't have to be in the business arena to benefit from the principles of THE CORPORATE ATHLETE. Maximizing performance can be a goal that crosses age, gender and occupational or vocational boundaries. But what makes this book stand out for me is Dr. Groppel's holistic approach - completing the palate of fitness by incorporating the physical, mental and emotional with the spiritual. It takes courage to take spirituality out of its politically correct closet and plop it onto the Board Room table, to make it a key component of performance enhancement. Could it be that the growth of courage, confidence, conviction and character is a natural end product of one's development into the ultimate corporate athlete? I am convinced, after reading the book, that this is the case.

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