

Meditation for Elite Performers



Meditation is no longer practiced only by sages and philosophers seeking the deeper truths of life. This time-honored discipline has rapidly become one of the most powerful and practical tools for elite performance in business and in life, used by millions of people including CEOs, wildly successful entrepreneurs, and top athletes. In this knowledge-rich and immediately effective program, Robin Sharma, the author of the #1 best seller *The Monk Who Sold His Ferrari* and one of the world's premier thinkers in the fields of leadership and life management, will show you how to use meditation to create extraordinary results in work, at home, and within. Blending a remarkable interview of Robin performed by Jeffrey Feldberg, CEO of Embanet, a leading e-learning firm, with three guided meditations where Robin actually coaches you through his own process for locking-in your best life, *Meditation for Elite Performers* is a truly unique way to find success far beyond the scope of your current imagination.

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