



## Choke: The Secret to Performing Under Pressure

By Sian Beilock

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Choke: The Secret to Performing Under Pressure, Sian Beilock, In the tradition of Steven Pinker's How the Mind Works, popular psychologist Sian Beilock, an expert on performance and brain science, reveals the astonishing new science of why we choke under pressure. She explains what happens in the body and mind when everything clicks and the perfect golf swing, tricky mathematical problem, or high-pressure business pitch suddenly become easy. With surprising insights on every page, Beilock examines how: attention and working memory guide human performance; how experience and practice, innate factors, and brain development interact to create our abilities; how these interconnected elements react to stress - explaining counterintuitive realities, like why the cleverest students do worst on standardized tests; why we may learn foreign languages best when we're not paying attention; why early childhood athletic training can backfire; and how our emotions can make us both smarter and dumber. The mind and body are in even closer communication than was ever thought - and breaks new ground on top of 30 years of integrative health investigations.



[READ ONLINE](#)  
[ 2.11 MB ]

### Reviews

*An exceptional pdf and the typeface utilized was fascinating to read through. It can be written in straightforward words and phrases instead of confusing. I am just quickly could possibly get a delight of looking at a written ebook.*

-- Prof. Arlie Bogan

*It is a single of the best book. This is for those who statte there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- Dr. Barney Robel Jr.