

PDF | Raise Your Inner Game: How to
Overcome Stress and Distraction,
Work at Your Highest Level, and Live
a Life You're Proud of Every Day

by David Levin

RAISE YOUR INNER GAME

How to Overcome Stress and Distraction,
Work at Your Highest Level, and
Live a Life You're Proud of Every Day

DAVID LEVIN

Co-author of *QBQ! The Question Behind the Question*

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Forget the old-school “motivation” and pop-psychology that fills so many self-improvement books—it’s out of date and, honestly, doesn’t work that well in the first place. What you need to thrive in today’s distracting, fast-paced world are three, fundamental self-mastery skills—cognitive control, emotional self-regulation, and impulse control. Together, these skills are the Holy Grail of personal development, and *Raise Your Inner Game* presents the world's first system for developing all three.

Using engaging stories and a clear, no-nonsense style, *QBQ!* co-author David Levin has crafted a practical yet powerful guide for how to:

- Control your negative thoughts and emotions
- Shut out distractions and stay focused
- Access your most creative and innovative ideas
- Perform better under pressure
- Strengthen your willpower and self-control
- Improve your self-esteem
- Experience more joy and fulfillment
- And much more

Whether you’re driven to be your best and to make a bigger difference in the world or you just want to be happier and have more in control of your life, *Raise Your Inner Game* gives you the blueprint and the tools.



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