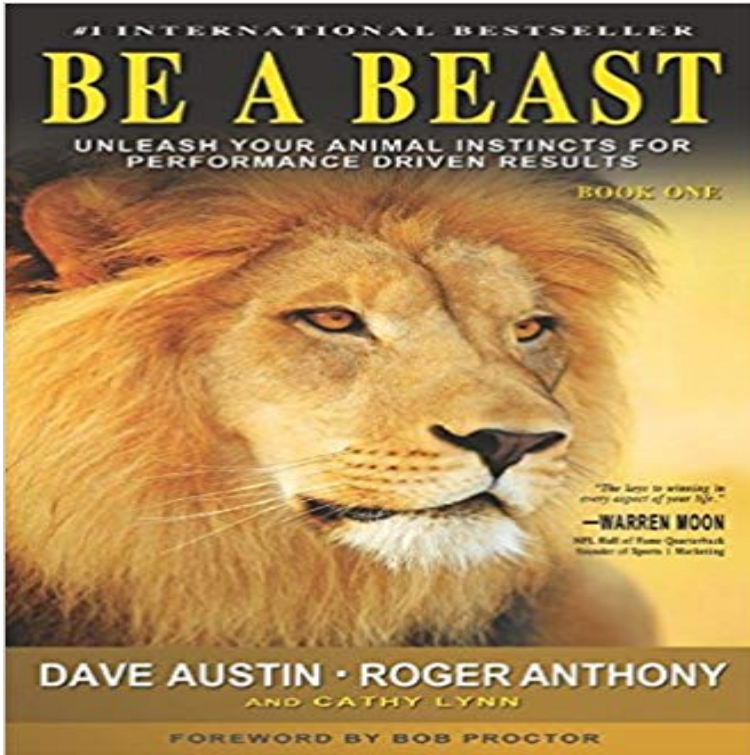


# BE A BEAST: Unleash Your Animal Instincts for Performance Driven Results



We all have a beast within us, and yet, there are times when the power of our mind keeps it from being unleashed. But, when we tap into our true instinctive nature, that's when we allow ourselves to play at the highest level. And, it does not matter if you are a professional athlete, or a CEO, or an entrepreneur simply someone who seeks to get more out of everyday life. The principles are the same. Our minds are an important asset. They will either work for us or against us. But, how do we truly get our minds to work for us in an ever-changing world that seems to be moving faster and faster, and keeps us off-balance and in chaos? How do we break free from the chains that bind us and want to pull us back to our familiar conditional thinking in order to expand and grow into a grander and better version of ourselves each and everyday? The answer is you set your course and turn obstacles into opportunities by using very specific mental mindset triggers to snap you back into right action. BE A BEAST: Unleash Your Animal Instincts For Performance Driven Results is the culmination of Dave Austins more than 30 years of specialized mindset principles in action as the mental performance coach to professional sports teams and elite athletes, combined with Roger Anthonys more than 30 years of corporate sales training utilizing a memory recall system that boasts an amazing 92% retention rate. In BE A BEAST book one, Dave and Roger have blended together their unique styles of coaching to provide a brilliant, yet easy to access, tools that get your mind working for you rather than against you.

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