



GETABSTRACT REVIEW OF

The Mental Toughness Handbook

A Step-By-Step Guide to Facing Life's Challenges, Managing Negative Emotions, and Overcoming Adversity with Courage and Poise

Damon Zahariades says the secret of enduring success is mental toughness: a mindset that helps you navigate the unexpected challenges life presents. Zahariades endeavors to teach readers, including CEOs as well as professional athletes, the ongoing process of cognitively restructuring your mind by questioning your thoughts, attitudes and emotions. Transform your life, he urges, and inspire others in the process.

STEP 1

Have your team read the [getAbstract summary](#).

STEP 2

Schedule a team meeting to discuss the questions below.

STEP 3

Have a discussion with your team.

Discussion Questions

1. What are some examples of times in your life when large disruptions challenged your mental toughness?
2. The author advocates flexibility in thinking and considering new perspectives. How can we become more open-minded about the opportunities presented by AI, rather than seeing it as a threat?
3. Consider the importance the author places on intentional and mindful thinking. With AI acting in the background, how can we be more mindful about the human elements of our jobs and lives?
4. The author is a proponent of self-reflection and continual growth. Considering the many fast-paced technological advances happening currently, how can we ensure we are taking time for self-reflection? What new skills should we focus on learning?

“No matter where you are in your life, no matter what struggles you’re currently experiencing, you can improve your circumstances.”

The Mental Toughness Handbook

Damon Zahariades

