

## A High-Performing Mind

Strengthen Your Mind and Live Your Best Life

by Andrew D. Thompson



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Non-Fiction - Motivational

238 Pages

Reviewed on 12/24/2024

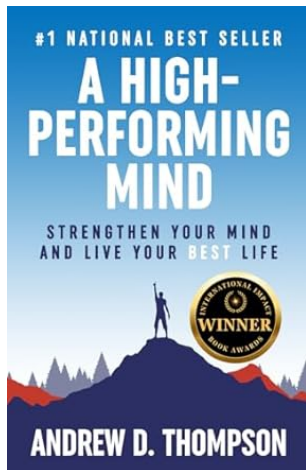
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## Book Review

**Reviewed by Courtnee Turner Hoyle for Readers' Favorite**

In *A High-Performing Mind*, Andrew D. Thompson develops his twelve attributes for exceptional thinking. The book is divided into three parts, revealing essential traits contributing to mental strength and emotional balance. Drawing from his personal experiences of self-treating a long-term condition, Thompson shares stories and tools designed to help readers on their journey. Each chapter includes practical tools, true stories, a recap of the lesson, and exercises to apply the material. The book addresses topics, like habits, weaknesses, resisting negativity, personal vision, learning from loss, making positive changes, and embracing fear. The exercises are designed to help readers reflect upon the material and absorb it as they apply the text to their everyday lives.

Andrew D. Thompson has created an empowering read that offers simple and effective steps for building resilience and finding inner strength. The information builds steadily, helping readers climb emotional, mental, or physical mountains that may have seemed insurmountable before reading the text. The book is beneficial for anyone seeking to improve their thinking, and the chapters are structured to be read in order, allowing for a gradual application of the material. Thompson's approach encourages readers to use their critical-thinking skills and dare to take the next step in overcoming adversity. The true stories and practical exercises make the book relatable, ensuring readers can integrate the lessons into their daily lives. *A High-Performing Mind* is a great resource for readers seeking to enhance their mental and emotional well-being and live a more fulfilling life.



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## Author Biography

 Andrew D. Thompson, author of *A High-Performing Mind*, has spent a lifetime searching for the best ways to empower people to overcome adversity, improve resilience, and consistently bring their best to everything they do so that they can get better results, achieve their goals and create lasting improvements in their lives.

Andrew shares the most powerful habits, mindsets, insights, and mental tools of high-performers from his time and experience as a professional athlete, hospitality industry executive, high-performance coach, and individual who had to overcome some of life's most difficult challenges.

Andrew has been coaching and helping people of all ages and all walks of life, including elite athletes, high performers, and business leaders over the last 25+ years learn how to improve focus, clarity and resilience, get past their setbacks and failures, overcome challenging times, and break through the barriers that block them from improving their circumstances and living more fulfilling lives.

Popular Quotes from *A High-Performing Mind* by Andrew D Thompson:

"You're the same person 10 minutes after you fail, only wiser."

"Accept What's Going Wrong, Stay Focused on What You Want."

"What you learn in your Hardest Moment is the foundation for your best results."

"Adversity is almost certain to come along on the way to achieving our goals. By preparing for it, and knowing how we will respond positively if it does, we're mentally stronger, more resilient, and able to keep going until we succeed."