

## Above the Shoulders

Unlock the Mind That Makes the Impossible Inevitable

by Jason Nacey



Non-Fiction - Self Help

Kindle Edition

Reviewed on 08/20/2025

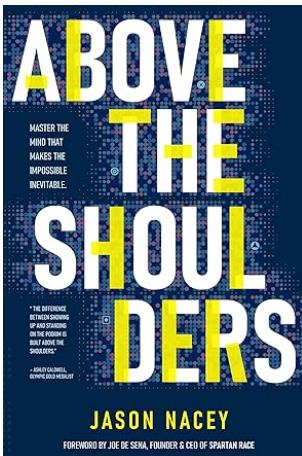
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## Book Review

**Reviewed by Jamie Michele for Readers' Favorite**

*Above the Shoulders: Unlock the Mind That Makes the Impossible Inevitable* by Jason Nacey examines how sustained human performance is governed by mental processes. Using his experience in completing an Ironman triathlon as a focal point, the book presents the mind as a system capable of shaping endurance, attention, and response under prolonged effort. Nacey argues that consistent outcomes arise from structured cognition, repeated application of mental patterns, and a deliberate framing of perception. He speaks on how thought, focus, and interpretation translate into measurable results, showing that adaptation and achievement are products of mental organization rather than circumstance or talent. The book presents a framework in which internal processes govern external performance, positioning mental mastery as the determinant of progress across extended physical, professional, and personal endeavors.

*Above the Shoulders* by Jason Nacey is a supremely motivating read, and despite going in with a bag of chips and my remote control on the ready, I finished and was left totally energized by what the mind can achieve. Nacey's personal stories, from tackling an Ironman Triathlon with no prior experience to enduring a Spartan obstacle in freezing water, bring his principles to life in a way that feels almost tactile. I like that he lays out practical techniques, the standouts for me being the Three Deep Breaths Method and the 30-Second Script Flip, offering clear, actionable ways to shift perspective, push through discomfort, and seize opportunities. Rather than talking at a reader, Nacey employs a friendly, conversational tone, equipping us with the tools to act decisively and maintain focus even when the outcomes are unclear. Overall, Nacey transforms the way you think about effort, endurance, and possibility, demonstrating that consistent mental practice opens doors to extraordinary accomplishments above the shoulders. Very highly recommended.



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## Author Biography



Jason Nacey was born in Deadwood, South Dakota, and raised in Salt Lake City, Utah, where early adventures in the mountains instilled a lasting appreciation for exploration and pushing boundaries.

Described as innovative, supportive, and diplomatic, Jason excels at bringing people together and inspiring them toward greater achievements. He is an all-or-nothing person who dives fully into challenges—an intensity that shaped his journey from award-winning filmmaking and international video production to leading global athlete and sponsorship programs in sports marketing.

Jason lives by the mantra: Nobody else is coming to solve your problems.

Growing up with limited resources but abundant creativity, he learned early that success is 90% above the shoulders. He proved it when, after someone doubted his ability to finish an Ironman, he registered immediately—despite barely being able to swim a short distance. His resilience carried him through an Ironman, two Spartan World Championships, and some of North America's toughest mountain climbs.

For years, Jason resisted writing *Above the Shoulders*, telling himself he wasn't a writer and had no business teaching mindset without formal credentials. But when he realized he was breaking his own rule about tackling hard things, he embraced the challenge.

Today, Jason lives in North Carolina with his wife and four children, continuing to refine and share principles of mental toughness that define his life and work.