



# The Competitive Edge: How to Win Every Time You Compete

*Jeffrey Brown*

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## **The Competitive Edge: How to Win Every Time You Compete** Jeffrey Brown

At work, in sports, and in everyday life, you're constantly surrounded by the pressures of competition. In *The Competitive Edge*, celebrated sports psychologist Dr. Jeffrey Brown offers principles you can use to guide your character towards victory. He shows how to become a legitimate winner every time you compete—regardless of whether you come out on top. Whether you compete against others in sports or business—or compete within yourself to achieve personal goals—the means by which you win tells the real story as to whether or not you are a champion.

Teaches the reader to redefine victory and aggressively pursue it in every competitive situation.

Demonstrates the importance of maintaining strong integrity and high character. Strategies for winning appropriate for court and field, workplace, and home. Illustrates the challenges, risks, and rewards involved in doing what is right through examples from real life, biblical history, media, and popular culture

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