



The High-Performance Athlete

Jason Winkle

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What separates good athletes from great athletes?

More importantly, what does it take for a good athlete to become a great athlete?

Is it practice?

Talent?

The right set of circumstances?

After over 5 years of studying the most elite performers in the world (from Special Operations soldiers to Olympic athletes), Dr. Jason Winkle has discovered the answer.

It turns out the best athletes in the world all have one thing in common: they can perform under high-pressure situations.

In *The High-Performance Athlete*, Dr. Winkle explores sports performance from the perspective of fear, stress, and anxiety and shows us not only how the greatest athletes in the world operate, but how you can take their same techniques and apply them to your team or sport.

What coaches, elite operators, and professional athletes are saying:

“Dr. Winkle's real life experiences with the US Military, high-performance athletic teams, and individual athletes make this book a great read for coaches and professionals in a leadership position, giving insightful examples of what young athletes need to progress not only in their sport, but in real life situations.”

- James Hilvert, Head Football Coach, Thomas More College

“This is a must read for EVERY athlete and team. Dr. Winkle is brilliant with his words in inspiring athletes and teams to be the best by raising their standard of excellence.”

- Kylie Hutson, Nike and Team Pacer, Professional Pole Vaulter

“As an athlete, former law enforcement officer, and current special operator, the need to perform at a high level has been paramount in my life. The insights that Dr. Winkle shares in this book speak exactly to the mindset necessary to be a high level performer, on the battlefield, on the court, and in life. Learn well these lessons because in the world of special operations, performing at a high level might mean the success of the mission and the lives of your teammates.”

- Special Operations Soldier (Currently Serving)

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