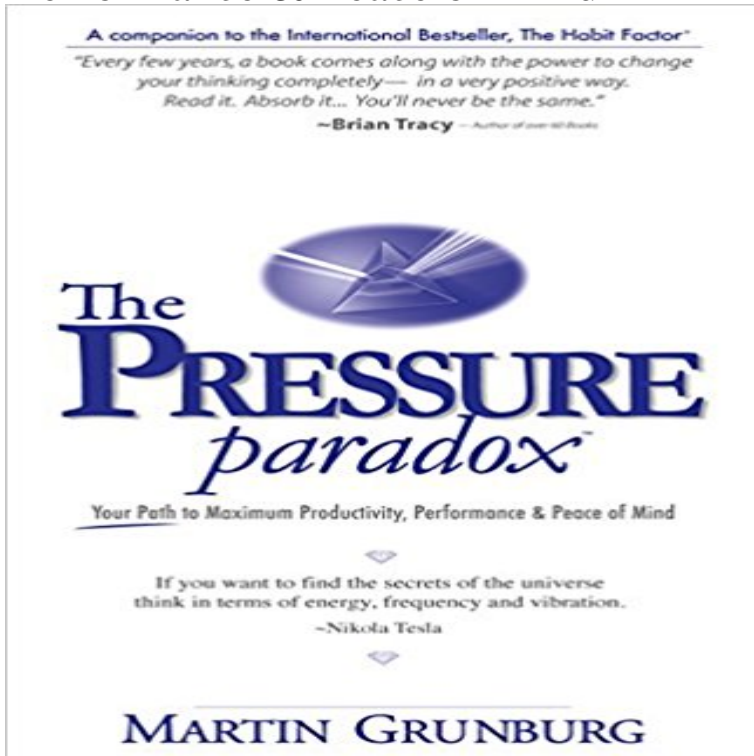


# The Pressure Paradox™: Your Path to Maximum Productivity, Performance & Peace of Mind



In a spectacular follow-up to *The Habit Factor*®, Grunburg illustrates exactly how our environment (and in particular Pressure) is an essential ingredient to help us achieve our goals and the success we desire. Many people, including some of today's leading experts in psychology and performance, contend that pressure is the enemy of success. In *The Pressure Paradox*, Grunburg elucidates precisely the opposite: When properly harnessed, channeled and refracted positively, pressure proves to be one of your greatest allies on your journey to becoming successful. Many who struggle in life misunderstand pressure; they intentionally avoid it or try to live a life devoid of pressure because they believe it is harmful. However it turns out that ones personal growth, virtue and success all come as a result of pressure, not in spite of it. Therefore, knowing how to use pressure (which is technically a neutral force) positively is arguably one of life's greatest secrets for goal achievement, peak performance and, of all things, happiness and even peace of mind.

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