

Getting Into The Zone: A COURSE And WORKBOOK For The Mental Game By Elliot Hagburg

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.net rocks! getting into the zone with mark

While at the Norwegian Developers Conference in Oslo, Norway, Carl and Richard talk with Mark Seemann about his thinking around how developers 'get into the zone.'

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Mindsets to help athletes perform in the zone |

The zone is not a zen-like or magical state. The zone is a state of being fully absorbed into the present - the here and now only.