



The Edge of Glory: The Athlete's Inside Guide to Greatness

Nick Gancitano

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The Edge of Glory: The Athlete's Inside Guide to Greatness Nick Gancitano Master Your Mental Game

Supplemental to the intensive workshop *The Edge*, this book is based on renowned coach Nick Gancitano's philosophy, "Every thought and action is an investment." *The Edge of Glory* highlights vital keys to long-term success for athletes, sports coaches and businessmen, including the secret "off-switch to the mind" that instantly catapults you in to The Zone, where the leaders in every category of life reside.

Though top athletes manage to access this state often, only the elite sustain it for extended durations. This is the X-Factor, distinguishing the average player from the world-class one. Cultivating this skill can take decades with traditional training systems under constant supervision of expensive trainers, but now this knowledge lies in your hands. For the most significant trait of the successful athlete is the ability to stop the mind and shape the thoughts within their mind that become their reality. This book establishes the foundation for readers to accomplish both.

Gancitano also reveals why and how the team collective unity triumphs over individualism every time. In the process, he shatters the erroneous belief that success requires years of playing under highly experienced coaches and teammates, revealing that true genius arises from passion and trusting one's own inner coach.



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