

**HOW TO WIN IN THE MIND** “Managing the top two inches” A look into “the last unexplored frontier”, that is the human mind: “The mind is not a vase to be filled... but a fire to be ignited.” A collection of Craig Lock’s articles on HOW to win in the mind and develop a winning mindset “The greatest mountain we need to climb lies in our our own minds”. It’s not the highest mountain that we conquer, but ourselves, our own mentality. Overcoming perceived limits to reach (attain) the pinnacle of our abilities, our own minds.” - craig (as inspired by the words of Sir Edmund Hillary, New Zealand conquerer of Mount Everest (1919-2008) “Grand Prix racing is primarily a mental contest... it’s a battle of strength of wills by the combatants and a magnificent contest, the arena to display and share unique gifts and talents. Perhaps in this ‘theatre of speed’, F1 is a metaphor for life itself” - craig lock Life is about finding, then following the dream... and ones dream/vision comes to reality through believing in yourself, making the commitment and then creating it. 1998 About the Author:: Craig is a sports-fanatic, who has spent the past decades studying the human mind. He likes (no, rather loves) to share knowledge and insights from his life experiences to try and help others in every little way he can. He is a sports fanatic, a “a couch pot-a-toe”, who believes in (and loves) helping others to find their passions and gifts... through encouraging people to reach out for, then accomplish their wildest dreams. He truly believes people can overcome obstacles, rise to any occasion, and accomplish their dreams in life with enough FAITH and PERSISTENCE. <http://www.craiglockbooks.com> CONTENTS PART ONE CHAPTER 1 The Key Elements of Determination and Self Discipline on the Pathway to Success (from THE WINNING MIND’) 2 The Principles of Success: ‘THE WINNING EDGE’ 3 Mind Games: The Winning Edge (from THE WINNING MIND and ENDLESS POSSIBILITIES, FAR AND GREAT HORIZONS) 4 Determination - the Key to Success in Sport and in Life (from STEPS TO SUCCESS, PROSPERITY AND HAPPINESS and ‘THE WINNING MIND) 5 Its All up To YOU (FROM ENDLESS POSSIBILITIES, FAR AND GREAT HORIZONS) \* \* PART TWO CHAMPIONS How are they made (or perhaps born)???? CHAPTER 1 The Traits (Qualities) of a True Champion (from ‘THE WINNING MIND’, ‘THE WINNING EDGE’ AND ‘ENDLESS POSSIBILITIES, FAR AND GREAT HORIZONS’) 2 Who and What is a True Champion? 3 The Mind-set and Spirit of a Champion APPENDIX 1 A Review of the Book BOUNCE: How Champions are Made (by Matthew Sayed) 2 Capturing Sports True Spirit 3 Sport For Peace \* The various books\* that Craig “felt inspired to write” including “The Winning Mind are available at <http://www.amazon.com/-/e/B005GGMAW4> <http://www.amazon.co.uk/-/e/B005GGMAW4> <http://goo.gl/vTpjk> (and/or [http://www.amazon.com/s/ref=la\\_B005GGMAW4\\_sr?rh=i%3Abooks&field-author=Craig+Lock](http://www.amazon.com/s/ref=la_B005GGMAW4_sr?rh=i%3Abooks&field-author=Craig+Lock)) [https://www.createspace.com/pub/simplesitesearch.search.do?sitesearch\\_query=%22craig+lock%22&sitesearch\\_type=STORE](https://www.createspace.com/pub/simplesitesearch.search.do?sitesearch_query=%22craig+lock%22&sitesearch_type=STORE) (paperbacks) and <http://www.creativekiwis.com/index.php/books> \* Hard-copies and e-books, fiction and non-fiction All proceeds go to needy and underprivileged children - MINE! When the writer is no more, the value of your purchase will soar! “Together, one mind, one life (one small step at a time), let’s see how many people (and lives) we can encourage, impact, empower, enrich, uplift and perhaps even inspire to reach their fullest potentials...and strive for and perhaps one sunny day even achieve their wildest dreams.”

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