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Description

The Weekly Newsletter

Six reasons to subscribe

#1: Be in the loop

You'll get the latest research-based tips and strategies for practicing more effectively and performing up to your potential, right in your inbox, every Sunday morning.

#2: Safe

I promise not to sell your email address to [this guy](#). Or do sketchy things like upload your email address to Facebook (yes, that's really a thing that some have been known to do).

#3: Dibs

Get first dibs or special offers on new courses or workshops (like [Beyond Practicing](#)).

#4: Unsubscribe anytime

Unsubscribe and say good-bye with a simple click of the mouse. You won't need to take extreme (albeit hilarious) measures like [these](#).

#5: Freebies

I'll send you my free 6-day *Pressure Proof* course, where you'll learn how to practice for skills that are more reliable under pressure.

#6: Easy peasy

It's easy to get started; just enter your email below to sign up.

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