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This book, [Mental Toughness: The Ultimate Performance Guide for the Elite Athlete](#) by David Bishopson does a good job at inspiring an athlete to excel beyond being just good, or even just great. In fact, there are lessons in here which could be applied to other areas of our life - business, creative endeavors, etc.

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Most announcers (and even former pros) have no clue where mental toughness comes from. They're great at describing it though: staying calm after mistakes, perseverance, concentration, dealing with adversity, and performing well when it matters the most.

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By learning to take ultimate responsibility for your life (including your most acute challenges), you'll discover why personal responsibility is the key ingredient to developing mental toughness. [How to Take Complete Responsibility For Your Life: Our guide shows you the 9 crucial things you need to do to take complete responsibility, and how doing so sharpens your resilience.](#)

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He's also the author of the recently published mental training workbook for competitive swimmers, [Conquer the Pool: The Swimmer's Ultimate Guide to a High-Performance Mindset](#).

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