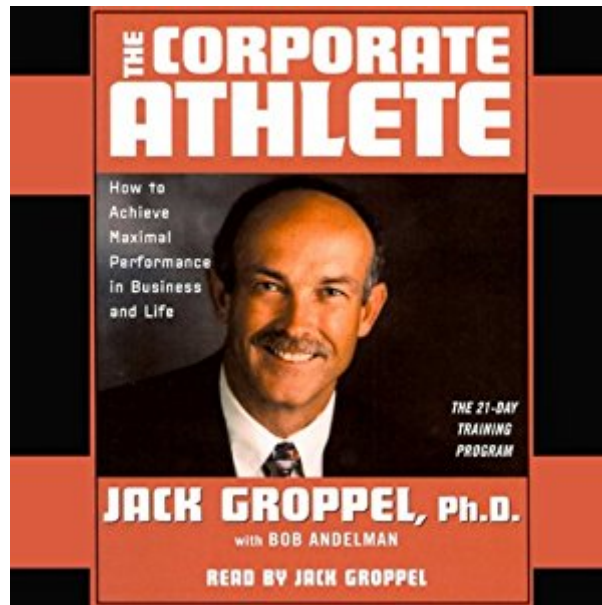


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# The Corporate Athlete



## Synopsis

"As Jack Groppe so aptly explains, the rigor of corporate athletics is often even more demanding than that of professional athletes. In my world, one does not have the luxury of an off-season. This book is a must-read for all those striving for the gold." -Arthur M. Blank, CEO and President, The Home Depot "Today's challenging business climate requires every top executive to be perfectly fit both mentally and physically. The Corporate Athlete is must reading for everyone who wants to manage his or her business, career, or profession effectively while living a balanced life. Buy it-it's a great investment." -Leonard Lauder, Chairman and Chief Executive Officer of the Estee Lauder Companies, Inc. --This text refers to the Hardcover edition.

## Book Information

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## Customer Reviews

Finally - a book that delivers on its promise to help you get to the top of your game, to help you achieve maximal performance levels in life - and does so using a common sense approach that integrates experience, study and science with focus and commitment. The key is training like an athlete whether its following an exercise or nutrition program or developing a positive attitude. What a refreshingly realistic concept in this "a pill a day takes the fat away" world! Through Dr. Groppe's convincing clarity, it all makes perfect sense. And you don't have to be in the business arena to benefit from the principles of THE CORPORATE ATHLETE. Maximizing performance can be a goal that crosses age, gender and occupational or vocational boundaries. But what makes this book stand out for me is Dr. Groppe's holistic approach - completing the palate of fitness by incorporating the physical, mental and emotional with the spiritual. It takes courage to take spirituality out of its

politically correct closet and plop it onto the Board Room table, to make it a key component of performance enhancement. Could it be that the growth of courage, confidence, conviction and character is a natural end product of one's development into the ultimate corporate athlete? I am convinced, after reading the book, that this is the case.

I waited in anticipation for this book to arrive. Much hype had been made about this new research and the 21 day plan. Business men and women struggle to balance work and home-life, and the foundation of this book is right on. If we loose weight, drink more water and exercise we will have more energy for both. The problem with this book is that it says very little more. I found myself brousing through the book looking for new ideas to give me some boost. The book does have some excellent chapters on how to deal with stress in the work place. In fact, this book is worth buying just for these two chapters. However, for those of us who read self help books on a daily basis, you might be looking for more.

This great book should be on the desk of every stressed out business executive. It brilliantly describes what it takes to be in a peak state of mind when you need to be. There is no question that business people as well as everyone should train their bodies to get their minds in top shape. This book illustrates that with great information about diet, exercise, and proper attitude. A wise investment.

Very comprehensive look at the full picture of optimal work/life health and performance. Emphasis on improving 1% a day, versus radical, sudden shifts. Allowing "recovery" time is also a big theme of this book, and "eating to recover," following healthy choices most of the time, but accepting the 80/20 Rule of nutrition. (20% allowance for imperfection.) The book is now 15 yrs old, yet I appreciate his insight, particularly on nutrition. I feel like the internet helped usher so many radical thoughts about nutrition that it was refreshing to review some basics and fundamentals. The 21-Day Plan included in the book is not only a good plan, it's an excellent summary of the important elements of the book. Overall, not much new information, but it is a new perspective; "training" for optimal performance. I enjoyed the integration of healthy living recommendations into this context.

The book does provide a structure and framework from which to radically change your physical, mental and nutritional behaviors. That in itself is well worth it if you have not been very active or neglected nutrition. However, it would be helpful to find updates on suggested nutrition and menus

since I believe there is new research which may alter the suggestions for breakfast, lunch, dinner and snacks. Nonetheless, still a very good book for those of us that were looking for a framework and recommendations that could better structure our efforts to get healthier and perform at a higher level.

I bought this book after hearing a presentation Groppe made at a conference a few years ago, and being impressed with what he had to say there. The content of this book is great: simple, practical, accessible suggestions for improving your "health and happiness" through better exercise, diet, emotional balance, etc. I particularly like Groppe's pragmatic views on diet and exercise, which are not at all prescriptive, and thus attainable for anyone, no matter what their age and current activity level. I'm slowly trying to adopt his approaches and am finding them helpful. My one criticism is that the book is not very well-written: he tends to ramble a little at times and say similar things in multiple sections of a chapter in a rather unstructured way. If you can put up with that minor problem, you should get a lot of benefit from the book.

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