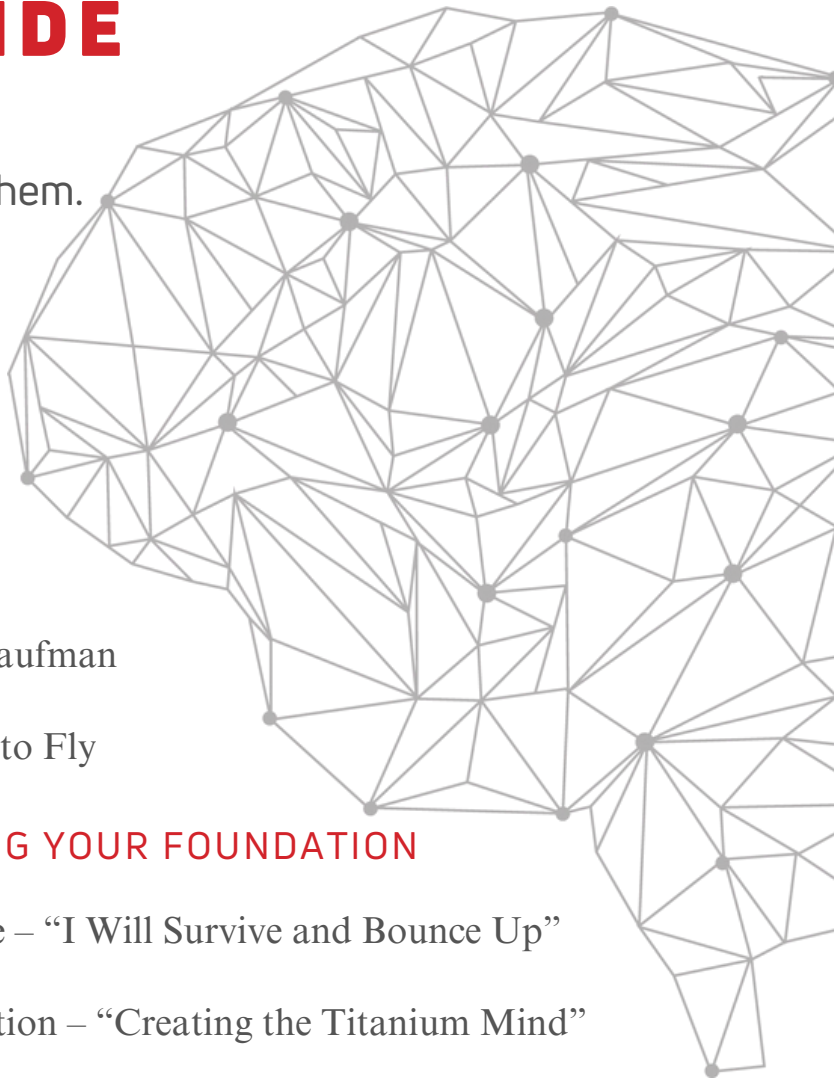


# Mental Rockstar

## AUDIOBOOK GUIDE

Listen to it by chapter or in full.

Either way, I hope you find value in them.



### TIMESTAMP (hr.min.sec)

### DESCRIPTION

00.00.00

Opening

00.00.28

Praise

00.09.03

Foreword by Ron Kaufman

00.15.46

Introduction: Dying to Fly

### PART 1 – BUILDING YOUR FOUNDATION

00.36.46

Chapter 1: Resilience – “I Will Survive and Bounce Up”

01.22.52

Chapter 2: Optimization – “Creating the Titanium Mind”

02.07.23

Chapter 3: Confidence – “Don’t Stop Believin’ In Yourself”

02.51.05

Chapter 4: Knowledge – “Be the Hungry Learner”

### PART 2 – ACHIEVING PEAK PERFORMANCE

03.33.48

Chapter 5: Self-Leadership – “It’s My Life and I’m Taking the Lead”

04.20.20

Chapter 6: Teamwork – “We are the Champions Together”

05.05.02

Chapter 7: Action – “Step Up, Stand Up and Move”

05.52.29

Chapter 8: Results – “Rewrite the Stars”

06.32.20

Conclusion: Be in the Spotlight