

**THE THINKERS SECRET: HOW TO PERFORM UNDER
PRESSURE**

May Zepp

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Mark (Pittsburgh, PA)'s review of Choke: The Secret to Performing Under Pressure

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Does your mind go blank every time the boss calls your name in a big meeting? Ever bombed a test you spent weeks studying for, or botched a.

For advice on performing under pressure, whether you're in a private conversation or a roomful of people, we went to the pros—five folks who make a living thinking on their feet (including a law professor, Here, their smooth-talking secrets.

Related books: [Does Jesus Wear Pajamas?](#), [Eva](#), [105 astuces pour la maison ! \(Les ptits lus\) \(French Edition\)](#), [Breaking the Sound Barrier](#), [Extreme Focus: Harnessing the Life-Changing Power to Achieve Your Dreams](#).

Sign in with Facebook Sign in options. Most people see "pressure situations" as threatening, and that makes them perform even less .

However, she soon realized her emotional response was interfering with her

This is a new book by a University of Chicago neuroscientist who specializes in why people screw up in high-pressure situations thus the title. This is because choking often occurs during these sorts of "automated tasks" when we try to control aspects of performance that are best left outside of conscious awareness. Meaning, practice under stress.

These effects are really interesting. Search for a book to add a reference. Here are their tips for creating yours: . And conveniently, this trick is extremely easy to put into practice: