



Surviving Success: 7 Critical Skills Needed To Thrive Under The Pressures of The Athletic, Academic, and Professional Spotlight

MD Timothy G. Benson

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Finally! Here is a book that's not about how to achieve success, but what to do when it actually happens. When you obtain that degree, earn that promotion, win that title, or sign that contract, the game suddenly changes. There are different rules to learn with new and more personal questions to address: • How do you deal with the pressures to consistently produce at a high level? • As a visible target, how do you handle scrutiny and criticism with poise? • How do you cope with the major losses that accompany success? • How do you manage power and privilege without losing who you are? The answers to these questions and more reside within the pages of this book. Get a behind the scenes look as Harvard psychiatrist, Dr. Tim Benson, shares his insights to the most common challenges faced by his clientele of elite athletes, academicians, celebrities, and executives. Because success is relative and expands beyond finances and fame, this book is not just for those who have "made it," but also for those who are "on the way." It is the ultimate guide for helping you understand and manage the unspoken and unintended consequences of high achievement. This is a conversation long overdue. Let's get started!



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