

designed a rigorous programme of ice treatment, stretching, yoga, and massage that has proven effective so far. He follows this programme several times a day, and on long flights will perform his stretching exercises hourly.

James also illustrates perfectly the connection between emotions and peak performance. If emotions are negative or unstable, it is very difficult, if not impossible, to find the zone by having your head in the right place.

This is perfectly illustrated by the uproar that followed James's decision to leave the Cleveland Cavaliers for Miami Heat in 2010. The move affected him deeply, and James's demeanour changed. The ready smile was replaced with an angry glower. His form suffered too, as authenticity and balance is everything to peak performance.

In a Sports Illustrated interview in 2012, he explained how he was able to return to his winning ways. He told himself, "This is what you love to do and you've been doing it at a high level for a long time, and you don't really need to change anything.

Just get back to what you do and how you play, smiling all the time and trying to dominate at the highest level. Do it with iov and do it with fun and remember that not too long ago this was a dream for you.

Playing in

the dream.

Don't forget that again. Just go out and

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The final

to create

was

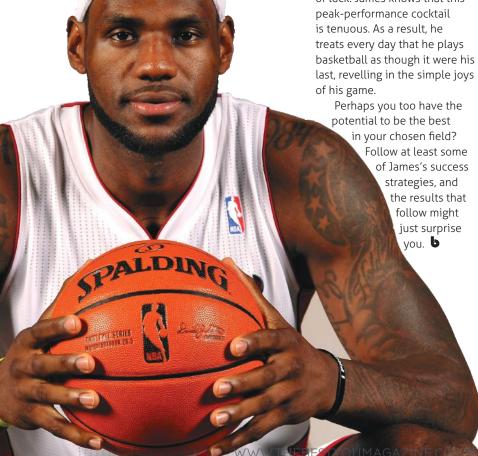
James was able to correctly identify that his negative emotions were affecting his form, and, indeed, his whole life. Fortunately this period of black moods was relatively short. James was able to move on, exert control over his emotions, and his form returned.

Other mental qualities that have made James so resilient, especially in times of adversity, include unshakeable self-confidence, a willingness to embrace criticism, and a grounded approach to dealing with pressure. He possesses the confidence that comes from knowing that if he follows all his key processes, the results will surely follow, and so he does not need to be worry about them.

to have three special friends in high school, all of whom shared his obsession with playing basketball. They were Sian Cotton, Dru Joyce III, and Willie McGee. Talent hotspots in sport are a recurring theme, and not just in basketball.

LeBron James is living proof that talent on its own is not enough to perform at the highest level. It also requires massive commitment, time, mental strength, the best coaches, the best playing partners, and a healthy share of luck. James knows that this peak-performance cocktail is tenuous. As a result, he treats every day that he plays





ingredient needed

James's genius

luck – more

specifically,