

PLAYAWAY®

*Stress is not in your head, it's in your body*—this is the key to peak performance that Leah Lagos, PsyD, BCB, an internationally known expert in biofeedback and sport and performance psychology, wants us to know. In this audiobook, she shares with readers for the first time the same program that she uses with top athletes, CEOs, business leaders—anyone who wants and needs to perform at their best. What makes her scientifically proven 10-week program unlike any other is that she recognizes the link between heart rhythms and stress to create specific, clinically tested exercises and breathing techniques that allow you to control your body's physical response to stress. She pairs this training with cognitive-behavioral exercises to offer a two-tiered process for strengthening health and performance, enabling listeners to respond more flexibly to stressful situations, let go of negative thoughts and emotions, and ultimately be more focused and confident under pressure.

**LEAH LAGOS, Psy.D.**, is an internationally renowned health and performance psychologist specializing in heart rate variability (HRV) biofeedback. With nearly 15 years' experience integrating the mind and body to reduce anxiety and boost resilience, Dr. Lagos is a recognized leader in peak performance training. In addition to consulting at the annual NFL scouting combine and providing onsite support on multiple PGA tours, she works with elite performers in sports, entertainment, medicine and business—from CEOs and hedge fund managers to Olympians, surgeons, and ballerinas. A consulting expert for the media, Dr. Lagos has been featured in more than 100 outlets including the *Today Show*, *CNN*, *NBC Nightly News*, *MSNBC*, *Golf Digest*, *Sports Illustrated*, *Harper's Bazaar*, *Psychology Today*, *Shape Magazine*, and many more. Dr. Lagos combines biofeedback and psychological strategies to help clients achieve optimal performance in health and life. She lives and practices in New York City.

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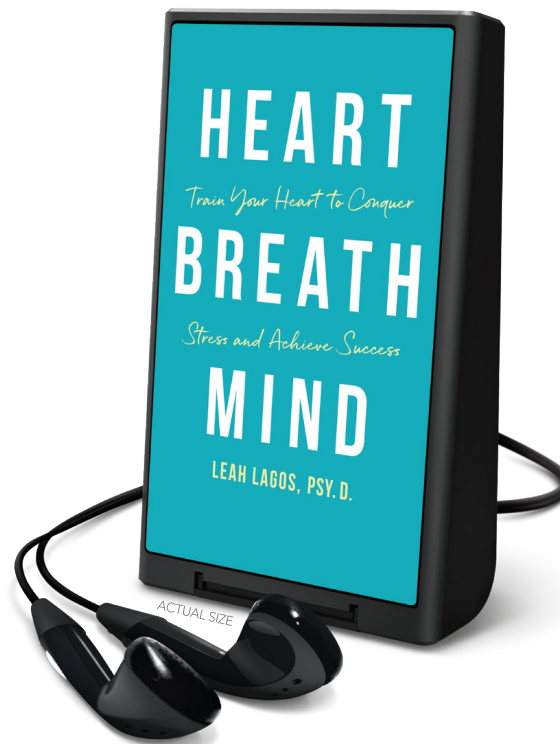
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*Train Your Heart to Conquer  
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