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The Work/Life Balance

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August 18th 2017: What's The Best to Do During Unseen Hours - Alan Stein

Rick will be interviewing Alan Stein. Alan has been very fortunate to have spent significant time with some of basketball's highest performers and highest achievers (Michael Jordan. LeBron James. Kevin Durant. Stephen Curry. Kobe Bryant). And he has noticed that there are two things that make the best the best... One is the mindset, rituals, habits and discipline they have during the Unseen Hours. It's what they do when no one is watching. And two, they make the most of every opportunity to grow, to develop and to improve. They take advantage of every chance to get better. He will d

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Featured Guest



Alan Stein

Alan is world-renowned basketball performance coach, corporate speaker, executive leadership coach, podcast host and social media influencer.

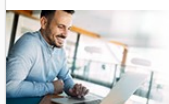
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