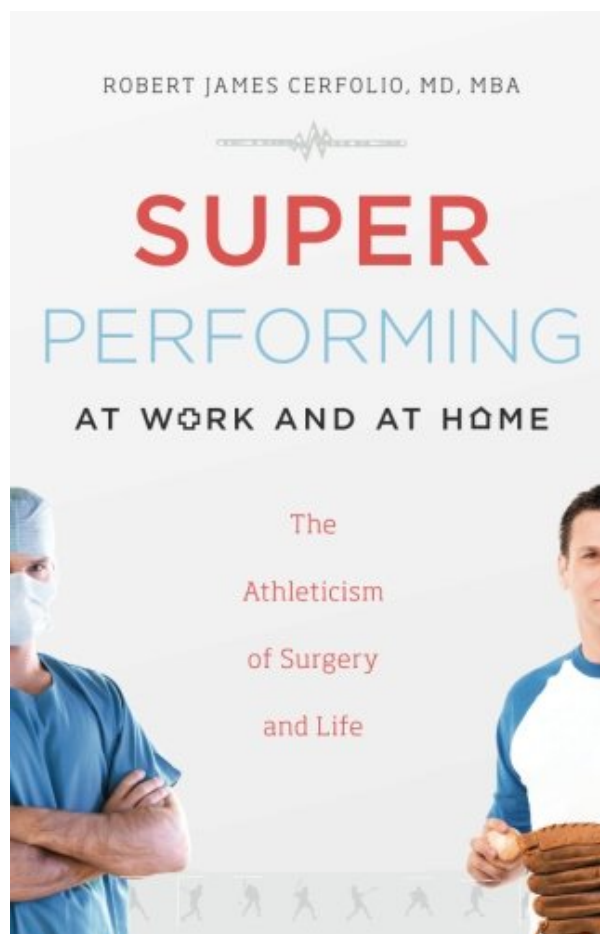


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How do you handle a “no-win” situation? According to world-renowned cardiothoracic surgeon Robert J. Cerfolio—“the Michael Jordan of lung surgery” there’s often no such thing. Sharing his own remarkable feats as a collegiate first-team academic all-American baseball player, his rise from a surgical resident at the Mayo Clinic to the recognized world authority in chest and robotic thoracic surgery, and anecdotes from his long career as a Little League coach and father, Cerfolio shows you how to think like a super performer in everything you do. Revealing the techniques, lessons, and strategies he himself learned through playing sports, he teaches you to attain what he calls “the athleticism of life”: the practice that elevates the mind and body of the good to the great and makes a star performer into a super performer. Yet, as Dr. Cerfolio learns when his wife tests positive for breast cancer, this isn’t the entire story—and what ultimately defines us is how well we can meet our obligations when placed under the most crushing pressure. In this provocative memoir/guidebook, Cerfolio sets you on your path to super performing—but teaches you, through his story, that your path is not complete without an honorable cause to steer toward and give your all.

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- Binding: Paperback
- 240 pages

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By David N. Dodd

This book is a bargain. Dr. Cerfolio wrote about his process to be successful as a student, athlete, parent, husband, and Surgeon.

The book reads quick, I will probably read it again as there are many pearls of wisdom that can always be reinforced.

Many people from all walks of life could benefit from reading this book even if they only implemented a small amount of his process.

In summary to be successful set goals, measure your progress, self discipline, take care of yourself, do something with your life you have a passion for, understand and manage your emotions, and a few other things I am sure I am not remembering right at this moment.

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By Glaydell Pinson

"Super Performing At Work and At Home" is a wonderful book. I think everyone should read it especially young people. It is such a motivational piece of art.

Dr. Cerfolio is a magnificent surgeon and writer. He actually did surgery on my son in 1999 at the University of Alabama in Birmingham, AL, I knew then he was super. I do not know how Dr, Cerfolio does all he does. He is the BEST!!!!

It was such a joy to learn about his book. I HIGHLY recommend it. Looking forward to more.

Thank you, Amazon so much for expediting my order so efficiently.

Sincerely,

Glaydell Pinson

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Dr Cerfolio is outstandingi

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