

## Introduction to Issue No. 2

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This second issue of the Journal of Excellence represents both continuity and diversity. We feature articles in some performance pursuits that were first introduced in the previous issue: mental training for music and mental preparation for space flight. As well, the question of balanced living in the context of commitment to a high level pursuit is explored; this time from the perspective of athletes rather than coaches. Finally, the Mental Training Exercise for Quality Performance compliments the previously published Mental Training Exercise for Quality Practice.

New areas presented in this issue include performance enhancement consulting, from an insiders view and from an observer's view, as well as an exploration mental skills related to high level performance in the sport of Professional ice hockey. Beginning in this issue, we added a new section entitled Profiles of Excellence. This Profile features an interview with an individual committed to the pursuit of excellence. Chris Hadfield, a leading Canadian astronaut, is this issue's featured Profile. Other issues will include interviews with athletes, coaches, teachers, consultants or other performers.

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Editor