

## Editorial Statement

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The focus of The Journal of Excellence is the sharing of knowledge and wisdom that is relevant to the lived experience of excellence in any domain (e.g., sports, performing arts, health, workplace, education, joyful living). Qualitative research of an applied nature, such as case studies, interventions, interview studies and narrative studies are welcomed. The journal also publishes personal accounts, short commentaries, interviews, poems or stories that offer insights into the nature of high level challenges and the mental links to excellence. Reviews of books, videos, films or conferences as well as notices of upcoming conferences and events will be considered.

The Journal of Excellence is looking forward to sharing your ideas with others committed to enhancing excellence in all domains.

Louise Zitzelsberger, PhD

**Editor**

## Instructions to Contributors

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Submissions to the Journal of Excellence should be in English only. In preparing manuscripts for publication, authors should follow the guidelines in the *Publication Manual of the American Psychological Association (4th ed., 1994)*. Please submit one copy of your manuscript in Microsoft Word and forward it as an attachment to: [Journal@zxccl.com](mailto:Journal@zxccl.com)

All submissions must be preceded by an abstract not exceeding 150 words. All figures and photographs should be submitted on-line in Tiff format (600 dpi.). Tables should be included in the Word document. A short biographical sketch describing each author area(s) of expertise, performance or research interests and affiliation(s) should accompany the article.

The Journal of Excellence is a refereed journal using a blind review process. The editor and two other reviewers read manuscripts. The review process is completed as quickly as possible.

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