

## 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 and quantitative research of an applied nature, including case studies, interventions, interview and narrative studies are welcomed. The Journal of Excellence also publishes personal accounts, short commentaries, individual 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.

## Instructions to Contributors

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The Journal of Excellence is an English language journal; therefore articles must be submitted in English. In preparing manuscripts for publication, authors should review similar types of articles published in the Journal of Excellence and refer to the guidelines in the *Publication Manual of the American Psychological Association (5th ed., 2001)*. Please submit one copy of your manuscript in Microsoft Word and forward it as an attachment to:  
[Journal@zoneofexcellence.com](mailto:Journal@zoneofexcellence.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, affiliation(s) and current email address 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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