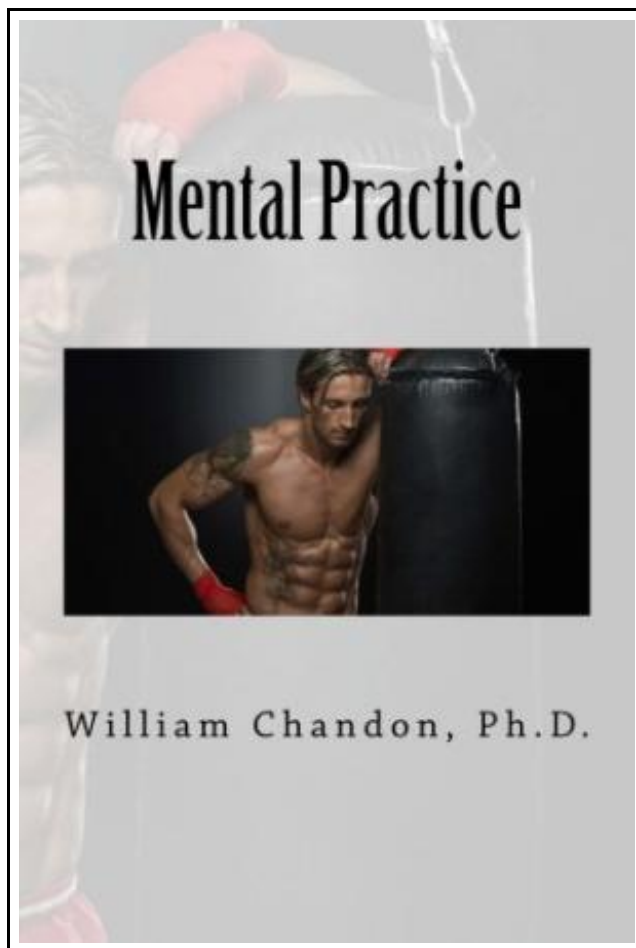


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(Dr. Kayden Gerlach)

MENTAL PRACTICE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Most athletes understand the need for physical practice. Reasonable athletes wouldn't expect to improve their performances without the right kinds of consistent practice. However, the idea of mental practice is much less understood and effectively practiced. Even if athletes are self-aware enough to know that they are limiting or sabotaging their performances, they often don't know how to fix the problem. If they knew how to fix themselves, they would. This book gives you a powerful way of working on your mental approach to athletic performance. The essence of a strong mental approach or mental game is when we correctly manage our thinking, emotions, and physical body in ways that work the best for us as individuals. We do that by regularly working on improving our mental game. We mentally practice. Now you have a simple and effective way of mentally practicing. You have a way of discovering and correcting the ways in which you are limiting or sabotaging yourself. You can start to mentally practice in as little as 15 minutes per day. This book is for athletes who are serious about fulfilling their potential. Development of a strong mental game takes practice and persistence. Development of a strong mental game is similar in scope to the development of physical skills in sports. Think of this book as working out. You're working out your mind and training yourself to perform your best. The individual mental practices are grouped by topics. Mental toughness Developing mental skills Being a champion Handling challenges Planning for success Being healthy Training well Confidence and motivation Being a leader Being a free spirit There are over 190...



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