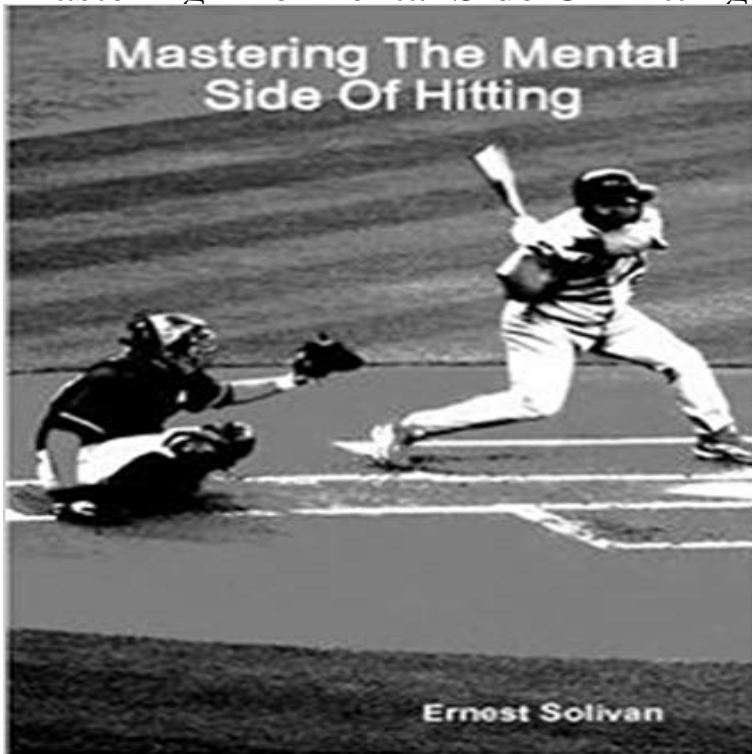


Mastering The Mental Side Of Hitting



Baseball players will spend hours in the batting cage working on their swings for an upcoming game, but what do they do to mentally prepare for game day? What do they do to insure that the decisions they make during their at bats best supports their team in winning the game? Mastering The Mental Side Of Hitting is a book specifically written for the mental side of hitting. From amateur to professional players, this remarkable book will show you step-by-step how to mentally prepare for game day so that you are in a mental space that allows you to maximize your visits to the plate. It will also help you minimize and/or eliminate those mental errors during your at bats that adversely affects the outcome. It is said that hitting is 95% mental and 5% physical. When you have finished reading Mastering The Mental Side Of Hitting you will understand why hitting is 100% mental.

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