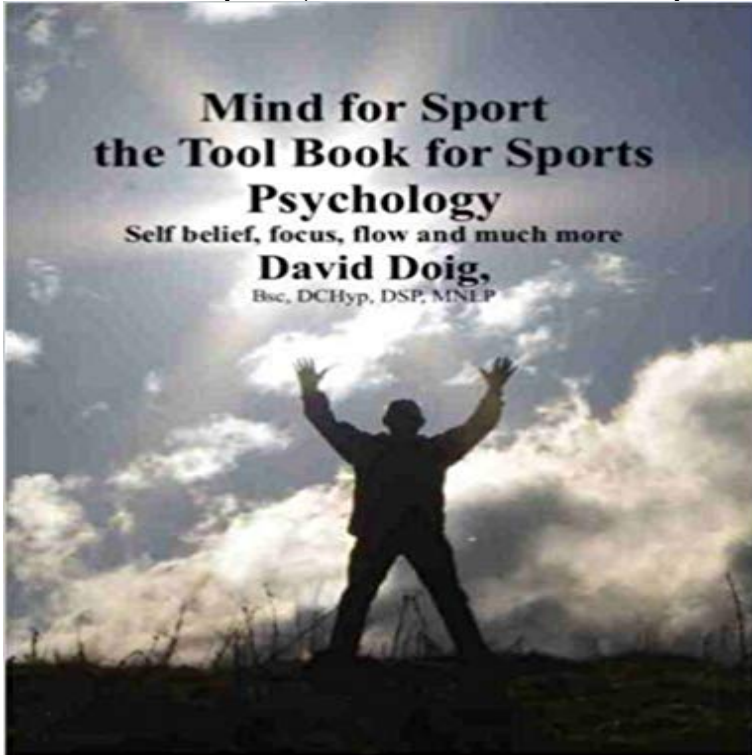


Mind for Sport, the toolbox for Sports Psychology



Sports Psychology Tools with out the dull theory bit. Are you looking to improve your performance in your sport? Train hard, skill levels high, got the right equipment but every time you compete something just seems to go slightly wrong and your not quite where you hoped to be. Maybe sometimes you do really well when the pressure is off but then it all goes pear shaped when it really counts. What you want is to perform consistently at your best. Always improving and through that improvement gaining the results you are looking for. Ever thought it was you that was holding you back??? Not consciously of course, but that part of your mind in the background that does things automatically, without telling you. Your sub-conscious mind. Now's the time to seriously train ... your MIND! Mind for Sport is set up in easy to read, easy to use sections that you can either use as a full program, or dip into to work on specific issues. Sections include Beliefs and Emotions - dont just skip over these they control a huge part of your life. Goal setting - producing a really motivating picture of your life to come. Positivity - The real positivity and thinking like a champion. Relaxation - and why releasing tension releases the potential within. Preparation - be prepared to succeed. Review - know what to improve and do it. Self belief - the core strength for any type of success and so much more. So give yourself the chance to push your boundaries further than you ever thought possible (by re-thinking them) and find more enjoyment in every sporting endeavour. Just remember that for your mind to be strong you need to train it like any other muscle. You need to commit to actions, the actions and exercises within the book. So now youve made the commitment to succeed press buy it now and enjoy the process and success.

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