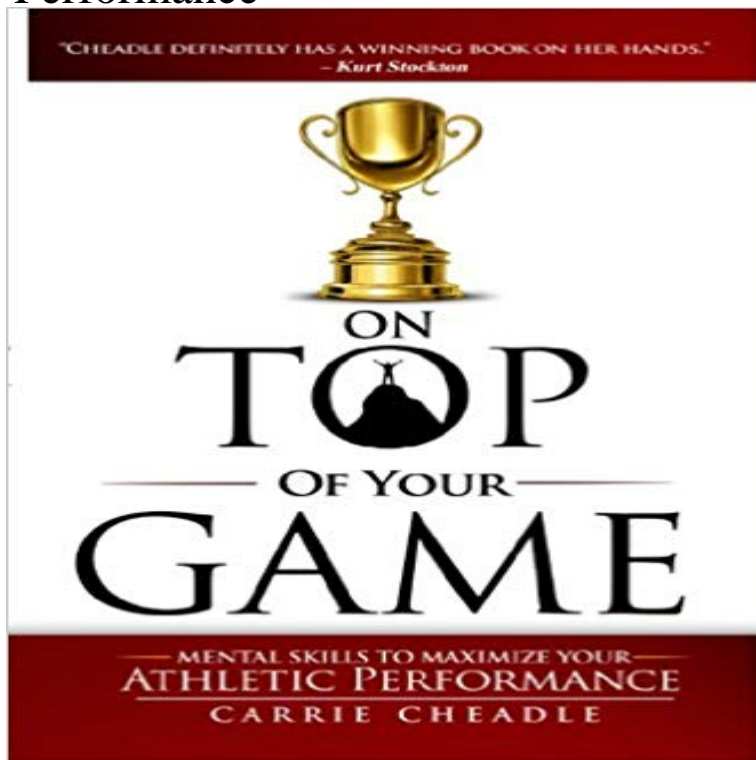


# On Top of Your Game: Mental Skills to Maximize Your Athletic Performance



How far could you go in your sport if there wasn't anything holding you back? What if there is a world-class athlete inside of you just waiting to come out? Physical skill alone is not enough to deal with the demands of your sport. Knowing how to perform under pressure, tame the butterflies, and overcome setbacks are all essential if you want to be at the top of your game. Drawing on her work as a mental skills expert, Carrie Cheadle gives you the essential mental skills used by top athletes to perform consistently, remain confident under pressure, and successfully accomplish your athletic goals. *On Top of Your Game* offers specific mental training exercises that you can instantly use to improve your sport performance. This book will help you learn how to: Remain positive under pressure Be mentally tough in the face of any challenge Achieve more consistent results Feel calm, confident, and ready to compete Rekindle the excitement and love for your sport You've trained your body and now it's time to train your mind. This book will teach you the step-by-step tools needed to be mentally tough and successfully face the challenges of training and competition. Get ready to perform to your potential. In my 30+ years in cycling I have had many opportunities to see extremely physically talented athletes fail to live up to their potential because they were never able to balance their physical talent with the mental side of sport. During that same time I have seen good athletes have championship winning performances due in part to their mental strength. Now more than ever, with so much information available to everyone instantaneously, many athletes tend to look everywhere except to themselves for improvement. Carrie Cheadle's *On Top Of Your Game* is a fantastic resource for every level of athlete from weekend warrior to World Champion who is looking to strengthen their mental game and thus improve

performance by looking within. With an easy to read format, Take-Aways & Tools at the end of each chapter and the ...there is no right or wrong way approach, Cheadle definitely has a winning book on her hands. Drawing on personal experience as well as the experiences of the many athletes she has worked with, a nice balance of real life and textbook examples is achieved to make easy understanding for everyone. -Kurt Stockton1990 US Professional Road Cycling Champion Team Manager & Director NOW and Novartis for MS Womens Professional Cycling Team I started this book while going through an injury and when the first few pages opened up with a personal story by Carrie of overcoming an injury herself, I knew I was going to benefit from reading the rest! The way she uses her own journey as an athlete, and combines that with her extensive studies in sport psychology, makes this book a must have for any level of athlete. We just dont give enough credit to the power of the mind. Dont be lazy! Read this wonderfully written piece of work and start the process now.-Lesley Paterson 3 x Off-Road World Triathlon Champion

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