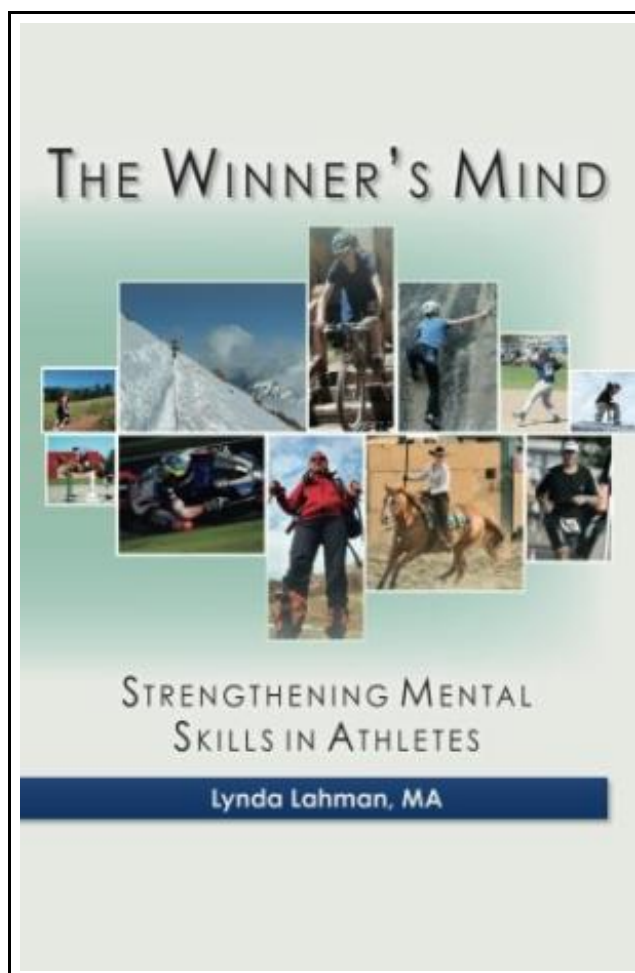


The Winner s Mind: Strengthening Mental Skills in Athletes (Paperback)



Filesize: 5.8 MB

Reviews

An exceptional book as well as the font applied was fascinating to learn. It is loaded with knowledge and wisdom I am just easily can get a pleasure of studying a created book.
(Dr. Benjamin Lakin)

THE WINNER S MIND: STRENGTHENING MENTAL SKILLS IN ATHLETES (PAPERBACK)



Createspace, United States, 2014. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Every athlete experiences twinges of doubt, fear, self-consciousness, frustration and distraction. If yours last for moments, hours, or even days, here s good news: practicing proven mental skills can help you master the mental game of sport-and in the process, have you enjoying your game more than you ever thought possible. Mental skills training seeks to teach the already high-performing athlete how to use the mind as skillfully as the body in responding to the challenges of any demanding sports activity. Based on the principles of ACT - Acceptance and Commitment Therapy- this book takes you through a series of easy to understand exercises to help you explore what truly motivates you-what fires you up to push for excellence-and then create an action plan that will fuel that fire and sustain your passion for your game.



[Read The Winner s Mind: Strengthening Mental Skills in Athletes \(Paperback\) Online](#)



[Download PDF The Winner s Mind: Strengthening Mental Skills in Athletes \(Paperback\)](#)

You May Also Like



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (Paperback)

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford's post The Day I Stopped Saying Hurry Up was a true phenomenon on...

[Read eBook »](#)



The Range Dwellers (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library's Classic Books and help...

[Read eBook »](#)



Coralie (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library's Classic Books and help...

[Read eBook »](#)



Finally Free (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Its been four years since Malakais death, and Kinara couldnt...

[Read eBook »](#)



The Stories Mother Nature Told Her Children (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library's Classic Books and help...

[Read eBook »](#)