



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

By Ma Lynda Lahman, Lynda Lahman

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.

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