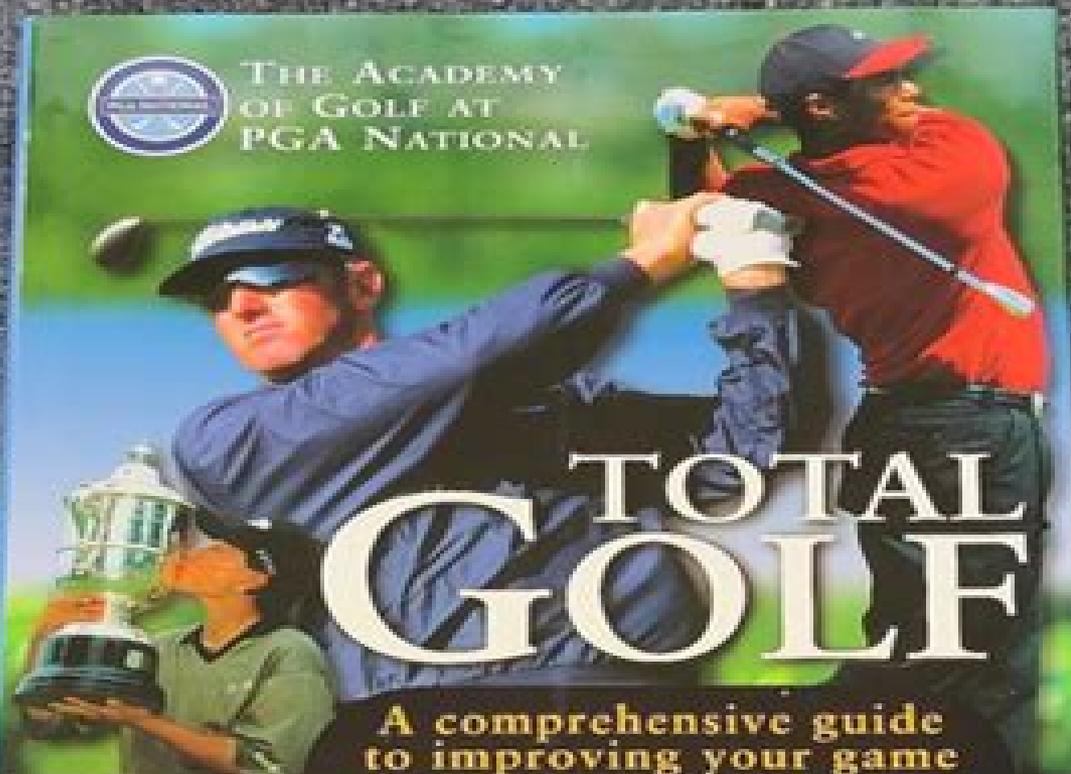




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Cheb For Winners A Selfinstructional Guide To Improving Your Game

William Chandon



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Improve Your Mental Game William Chandon,2020-07-02 The goals of this compact book are to provide you with the simplest and most powerful tools of mental transformation for athletes It is an introduction to the mental game However this small book can take you a long way in transforming yourself into a highly performing athlete Making a sports psychology workbook both simple and powerful is challenging Our mind is an exceptionally powerful and complex system Most sports psychology books try to entertain motivate and educate the reader with stories inspirational quotes and anecdotes This book

goes in a different direction You ll find no entertaining or motivational stories in this book This book teaches you how to entertain motivate and change yourself This road map for the mental game has many mental practices that you ll do on a daily basis Each day you ll read a paragraph or two about a specific sports psychology topic Then you ll actively engage your imagination for 15 minutes and see feel and hear yourself making improvements in the ways that you train and compete You ll find great satisfaction as you learn make changes and improve your performance and how you apply your mind and body in sports I developed the idea of mental practice because of my experience as an athlete I had some successes in sports through high school and college but I knew that I wasn t fully using my ability I knew how to train my body but I didn t know how to train my mind I didn t know how to manage my nerves I didn t know how to handle pressure My experiences as an athlete started me on a lifelong journey to unlock the mysteries of the mind and how to harness its power to make significant improvements in sports performance I m glad to share the results of my searching in this and my other books Schools focus primarily on teaching us how to solve problems using our analytical ability We learn to analyze problems using math and logic Our analytical skills are wonderful but they re not the key skills that we need to improve our mental game For that we need to use our imagination That s the key to developing a strong mental game That s what you ll learn to do with mental practice This book is for young and older athletes who want to begin to work on improving their mental game The mental practice method is simple I ll teach you what you need to know about how the brain works in a few pages You ll learn the essential parts of a mental game Then you ll start to apply your knowledge in your mental game right away That s one of the most powerful aspects of this book You ll be focused on implementing changes from the start using your increasingly powerful imagination

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