



The Winners Mind Strengthening Mental Skills in Athletes

By Lynda Lahman

Paperback. Condition: New. 75 pages. 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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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