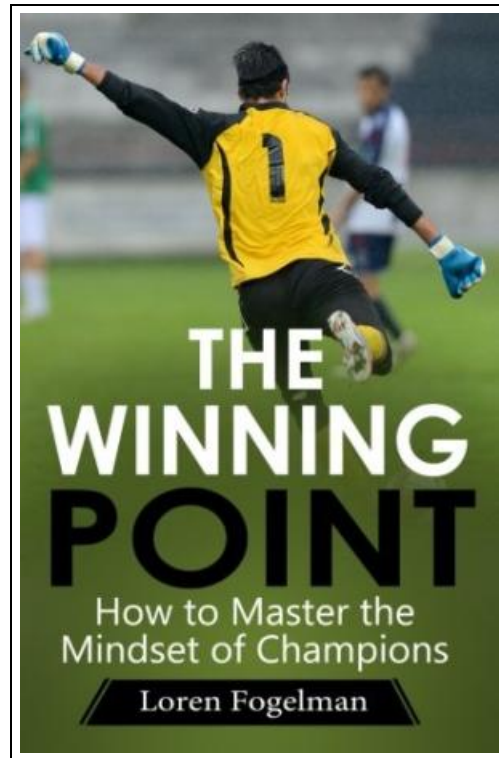


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THE WINNING POINT: HOW TO MASTER THE MINDSET OF CHAMPIONS (PAPERBACK)



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Winning Performance Publications, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Winning mindset = winning outcomes An Olympic hopeful faces the end of his worst season yet. For a year he s been in a slump, not hitting his numbers. His trainer suggests a meeting with Loren Fogelman. After a single session with Loren, he ends the season on a positive note, winning the event and setting a new season best record. A golfer complains of erratic, inconsistent play. New equipment doesn t solve the problem the way he thinks it should. Following Loren s advice, he transforms nearly every aspect of his mental game-he slows down, focuses his mind and concentrates on one shot at a time. Distractions disappear. Dedicated focus lowers his handicap. He s voted the most improved player in his club. A dressage equestrian takes a bad fall during competition. The injury shuts her down for a long time. When she finally does compete again, she holds back-self-blame and the fear of being hurt again claw at her confidence. Her horse senses her apprehension. But when Loren inspires her to create a powerful vision that aligns with her goals, she becomes a top performer in her category. What these athletes have in common: They know their negativity is diverting their energy and hindering their performance. They succeed with Loren s insights and create the specific mindsets and visions necessary to attain their goals. Focusing on what s do-able helps you win big In The Winning Point, Loren Fogelman asserts that anyone can be a champion-high performance isn t the trademark of gifted athletes alone. Today is the day to claim what s rightfully yours. You have a choice. Stop settling for less than what you want to...



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