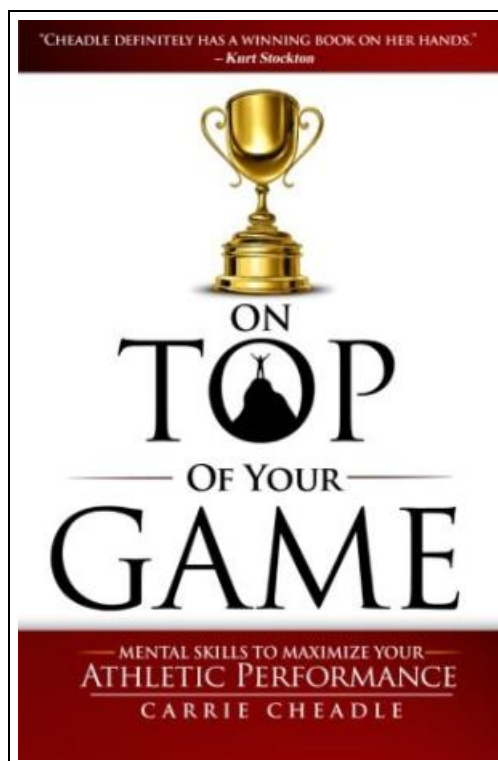


On Top of Your Game: Mental Skills to Maximize Your Athletic Performance (Paperback)



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Reviews

This book can be worthy of a read, and much better than other. It usually fails to charge a lot of. I realized this publication from my dad and i encouraged this pdf to understand.
(Prof. Flo Cruickshank DDS)

ON TOP OF YOUR GAME: MENTAL SKILLS TO MAXIMIZE YOUR ATHLETIC PERFORMANCE (PAPERBACK)



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Feed the Athlete Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How far could you go in your sport if there wasn't anything holding you back? What if there is a world-class athlete inside of you just waiting to come out? Physical skill alone is not enough to deal with the demands of your sport. Knowing how to perform under pressure, tame the butterflies, and overcome setbacks are all essential if you want to be at the top of your game. Drawing on her work as a mental skills expert, Carrie Cheadle gives you the essential mental skills used by top athletes to perform consistently, remain confident under pressure, and successfully accomplish your athletic goals. On Top of Your Game offers specific mental training exercises that you can instantly use to improve your sport performance. This book will help you learn how to: Remain positive under pressure Be mentally tough in the face of any challenge Achieve more consistent results Feel calm, confident, and ready to compete Rekindle the excitement and love for your sport You've trained your body and now it's time to train your mind. This book will teach you the step-by-step tools needed to be mentally tough and successfully face the challenges of training and competition. Get ready to perform to your potential. In my 30+ years in cycling I have had many opportunities to see extremely physically talented athletes fail to live up to their potential because they were never able to balance their physical talent with the mental side of sport. During that same time I have seen good athletes have championship winning performances due in part to their mental strength. Now more than ever, with so much information available to everyone instantaneously,...



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