



Mental Practice (Paperback)

By William Chandon

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Most athletes understand the need for physical practice. Reasonable athletes wouldn't expect to improve their performances without the right kinds of consistent practice. However, the idea of mental practice is much less understood and effectively practiced. Even if athletes are self-aware enough to know that they are limiting or sabotaging their performances, they often don't know how to fix the problem. If they knew how to fix themselves, they would. This book gives you a powerful way of working on your mental approach to athletic performance. The essence of a strong mental approach or mental game is when we correctly manage our thinking, emotions, and physical body in ways that work the best for us as individuals. We do that by regularly working on improving our mental game. We mentally practice. Now you have a simple and effective way of mentally practicing. You have a way of discovering and correcting the ways in which you are limiting or sabotaging yourself. You can start to mentally practice in as little as 15 minutes per...



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Reviews

Extremely helpful for all class of folks. I really could comprehend almost everything using this written e publication. You will not feel monotony at any time of the time (that's what catalogs are for about in the event you check with me).

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This pdf is definitely not easy to get started on studying but quite entertaining to read through. I am quite late in start reading this one, but better than never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ms. Fatima Erdman**