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Mind Over Head Chatter The Psychology Of Athletic Success

By Greg Justice

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 222 pages. Dimensions: 8.0in. x 5.2in. x 0.5in. Have you ever marveled at the poise, grace, and athleticism of champions in their sport? Do you find yourself asking, What separates the best from all the rest? Why is it that some athletes make it look so easy while others struggle just to take the shot? Who would you call on to take the last shot in a basketball game, perhaps Michael Jordan? Who would you hand the ball to in the bottom of the ninth inning, with the game on the line, is it Mariano Rivera? If your team is trailing by six points with less than two minutes remaining in the game, would you trust the ball in Joe Montana's hands? Each of the athletes I listed above is a classic example of a champion. Their beliefs, attitudes, and leadership are second to none. In *Mind Over Head Chatter*, I share with you the research and insights into the makings of the world's best athletes over many decades, and what made them champions in their sport. You will learn their methods and secrets and what they did...



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