



The Champion s Mind: How Great Athletes Think, Train, and Thrive (Paperback)

By Jim Afremow

Rodale Press Inc., United States, 2015. Paperback. Condition: New. Reprint. Language: English . Brand New Book. The athlete s go-to guide for creating mental strength and achieving peak performance. Even among the most elite performers, certain athletes stand out as a cut above the rest, able to outperform in clutch, game-deciding moments. These athletes prove that raw athletic ability doesn t necessarily translate to a superior on-field experience, its the mental game that matters most. Sports participation is at an all-time high. While the calibre of their games may differ, athletes at every level have one thing in common: the desire to excel. In The Champion s Mind, sports psychologist Jim Afremow, PhD, offers the same advice he uses with Olympians, Heisman Trophy winners, and professional athletes, including: How to get in a zone, thrive on a team, and stay humble; How to progress within a sport and sustain long-term excellence; Customizable pre-performance routines to hit full power when the gun goes off or the puck is dropped.



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