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The Ice Hockey Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Hockey Rink

By Danny Uribe Masep

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 70 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. THE ONLY SPORTS PSYCHOLOGY WORKBOOK THATS EXCLUSIVELY DESIGNED FOR ICE HOCKEY PLAYERS TO IMPROVE THEIR ABILITY TO PERFORM ON THE RINK Players hear it all the time Ice Hockey is 90 Mental, and 10 Physical Its All in Your Head The Only One that Can Stop You is You But what exactly do those sayings mean Without something concrete, its difficult for players to understand what it specifically takes to have a mental approach primed for success. And rather than have a debate with someone who knows nothing about mental training or sports psychology. . . or read about theories and mental hacks that may or may not work off some random website. . . why not incorporate a detailed, interactive, and engaging workbook thatll show athletes how specific Sports Psychology concepts directly impact their performance on the ice Thats exactly what youve found here! Through 10 Dynamic Exercises. . . we take athletes on a journey through the Most debilitating mental and emotional obstacles faced on the ice including: Decreased Motivation, No Goal-Setting Capability, Engaging in Thought Suppression, Being...



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