



# Between the Lines: The Mental Skills of Hitting for Softball

*Yasmin Mossadeghi, Patti Laguna*

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Written for high school and college players and their coaches, *Between the Lines* is an introduction of the mental game and the effect of the mental game on confidence and success in hitting in the sport of softball. Much of the player experience contained in this book was obtained through interviews with top 20 NCAA collegiate players. The book includes photos of players using their mental skills as well as quotes from their own experiences using these skills. The book will also provide feedback sheets that give the reader the opportunity to individually apply the skills taught in the book to her game.

*Between the Lines* provides players with information about what the mental skills of hitting are and how to apply them correctly to enhance their performances without the help of a coach or sports psychologist. It is easy to read and any player can relate to the events in the book.

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