



The Mental Athlete

Kay Porter

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Improved mental ability means improved sports performance. Athletes who excel do so not just because of their physical abilities but because of their mental awareness, preparation, and skills as well. *The Mental Athlete* will help improve your overall performance by providing the tools, guidance, and practical insight you need to sharpen your mental skills.

This conditioning manual for the mind will help you

- further enhance mental strengths and address weaknesses through effective self-assessments,
- increase confidence in personal abilities and avoid the fear of failure,
- heighten awareness of inner-thought processes and learn ways to improve them, and
- be free of inhibitions to initiate action and to respond intuitively and positively to challenges.

No matter what sport you play and at what level you play, you will find this practical, reader-friendly book useful because it not only lets you know what you need to do to improve your mental abilities, but it also shows you how to improve them. It contains exercises, tests, and worksheets that help you move through the steps of mental achievement.

In addition, *The Mental Athlete* contains the following features:

- Sections that cover specific sports and issues
- Sport-specific visualizations for football, soccer, volleyball, and many other sports
- Information on issues such as team building; recovering from injuries; and letting go of mistakes, losses, anger, and fear

Take full advantage of your physical skills by fully developing your mental skills—the aim of *The Mental Athlete*!

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From reader reviews:

Bobby Miller:

A lot of people always spent their own free time to vacation or go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity here is look different you can read a new book. It is really fun for you personally. If you enjoy the book which you read you can spent the entire day to reading a reserve. The book The Mental Athlete it is extremely good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to create this book you can buy the particular e-book. You can m0ore simply to read this book through your smart phone. The price is not too expensive but this book possesses high quality.

David Brouwer:

People live in this new day time of lifestyle always try to and must have the spare time or they will get lots of stress from both lifestyle and work. So , whenever we ask do people have extra time, we will say absolutely yes. People is human not just a robot. Then we question again, what kind of activity are there when the spare time coming to you actually of course your answer will probably unlimited right. Then do you ever try this one, reading books. It can be your alternative inside spending your spare time, typically the book you have read is actually The Mental Athlete.

James Henderson:

This The Mental Athlete is great publication for you because the content which is full of information for you who else always deal with world and have to make decision every minute. This book reveal it details accurately using great arrange word or we can say no rambling sentences inside it. So if you are read it hurriedly you can have whole details in it. Doesn't mean it only will give you straight forward sentences but tough core information with beautiful delivering sentences. Having The Mental Athlete in your hand like having the world in your arm, data in it is not ridiculous 1. We can say that no publication that offer you world with ten or fifteen tiny right but this publication already do that. So , it is good reading book. Heya Mr. and Mrs. stressful do you still doubt which?

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