



Mental Training for Peak Performance, Revised & Updated Edition

Steven Ungerleider

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In this brand-new edition, updated with material on today's best athletes, a top sports psychologist reveals the mental strategies champions use to win in a variety of sports—from cycling and skiing to golf and tennis

Mental Training for Peak Performance teaches you that sweat isn't enough. Before you can win on the track, court, links, or slopes, you have to win in your head. Revised and updated for the first time since 1996, famed sports psychologist Steven Ungerleider, PhD, looks at the mental aspect of sports performance today, revealing the mind exercises champion athletes use to outshine the competition.

The book provides detailed descriptions of mental techniques that work, explaining how to:

- o build confidence with affirmations and self-talk
- o clear your mind with breathing and meditation
- o maximize performance with mental snapshots
- o improve your game with guided imagery
- o use visual rehearsal to fine-tune your style
- o tap in to the power of dreams

With a new foreword by tennis coach Nick Bollettieri, who has trained Andre Agassi, the Williams sisters, and many other star players, this is an excellent resource and guide for athletes at every level who hope to gain a competitive edge through mental training.

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