

The Skiing Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Slopes (Paperback)



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Reviews

A really great pdf with lucid and perfect information. It is rally fascinating throug reading through time. I am effortlessly can get a pleasure of reading a published book.
(Reyes Lind)

THE SKIING PSYCHOLOGY WORKBOOK: HOW TO USE ADVANCED SPORTS PSYCHOLOGY TO SUCCEED ON THE SLOPES (PAPERBACK)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.THE ONLY SPORTS PSYCHOLOGY WORKBOOK THAT S EXCLUSIVELY DESIGNED FOR SKIERS TO BUILD MENTAL TOUGHNESS AND BOOST THEIR ATHLETIC PERFORMANCE Skiers hear it all the time. Skiing is 90 Mental, and 10 Physical It s All in Your Head The Only One that Can Stop You is You You have to be Mentally Tough! But what exactly do those sayings mean Without something concrete, it s difficult for athletes 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 use a detailed, interactive, and engaging workbook that shows and teaches athletes how specific Sports Psychology concepts directly impact their performance on the slopes? That s exactly what you ve found here! Through 10 Dynamic Exercises. we take athlete s on a journey through the Most debilitating Mental and Emotional Obstacles faced by the Vast Majority of Competitors including: -Decreased Levels in Motivation -Lack of Goal-Setting Capability -Suppressing Unwanted Thoughts -An Inability to get In a Zone -Experiencing Overwhelming Pre-Match Jitters, Nerves, and Anxiety -Overcoming Serious and Debilitating Injuries -Zero Formal Education of Necessary Mental Skills such as Mental Imagery and Self-Talk -Competing without Confidence -Not Being Able to Focus when it Matters Most When Athletes Suffer and become Victim to one or multiple issues mentioned above.it becomes Incredibly Difficult for them to maintain a positive frame of mind not only in sports but in life in general. And unfortunately in society today all athletes are under the spot light as they...



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