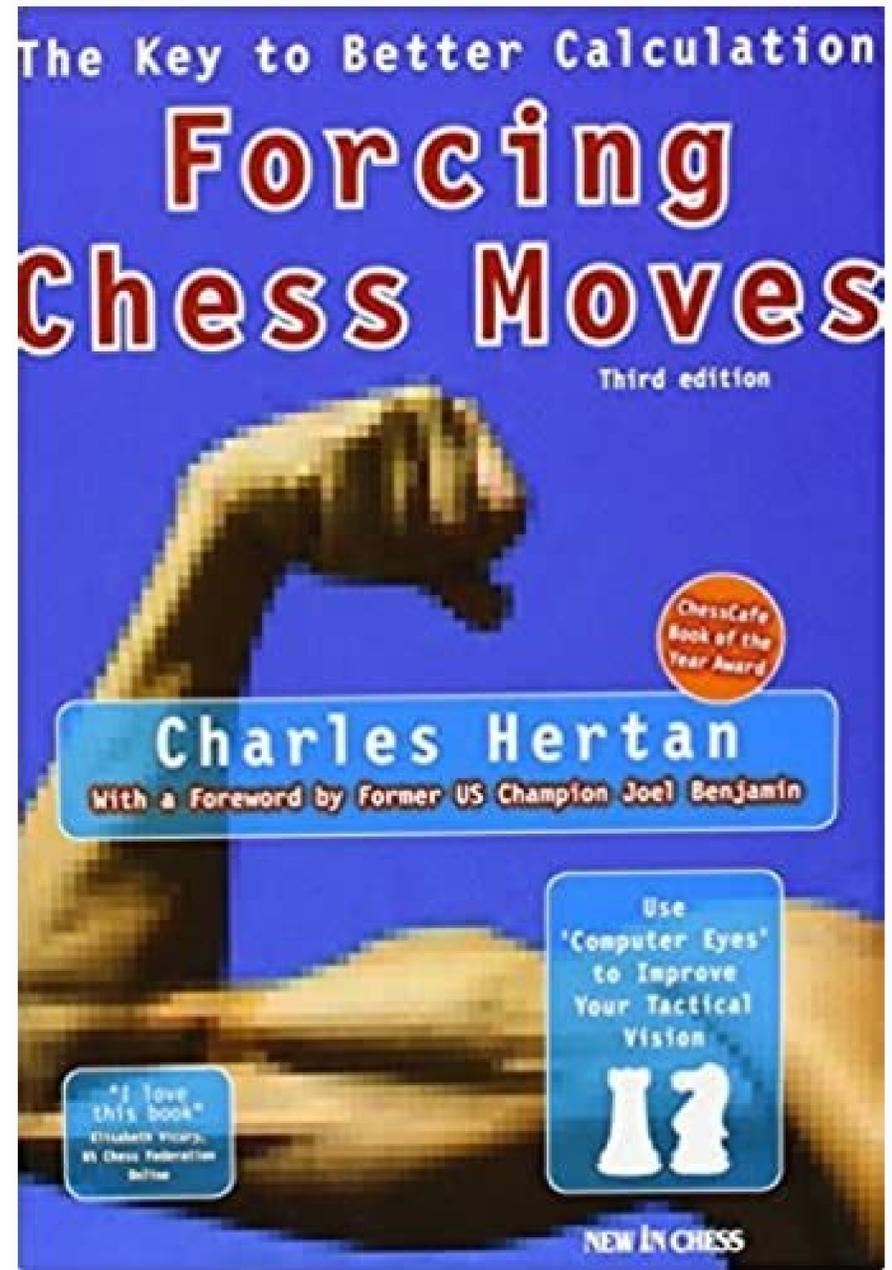


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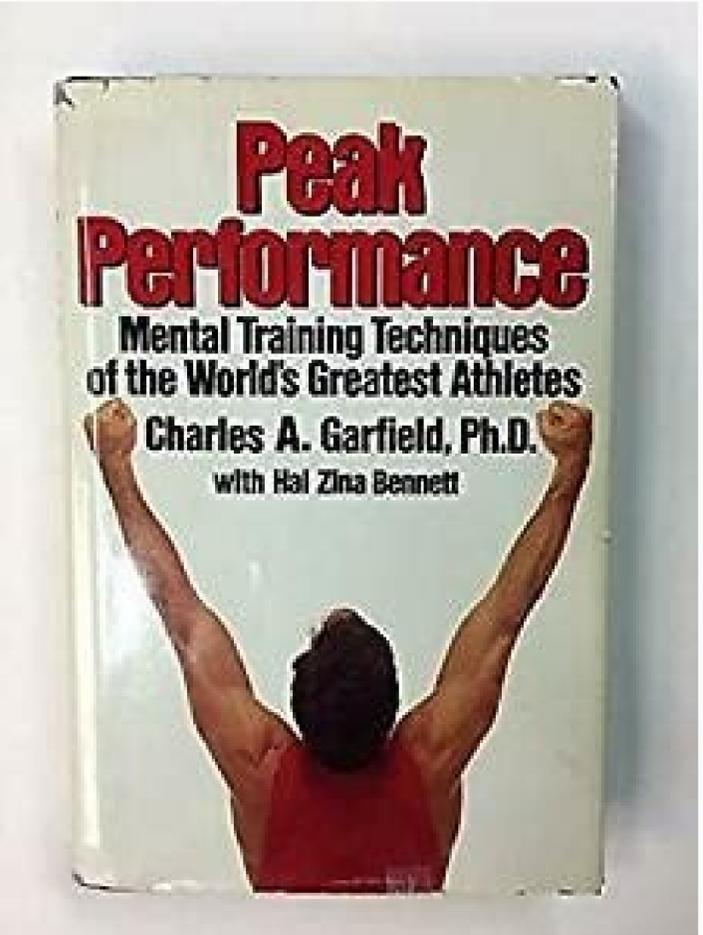
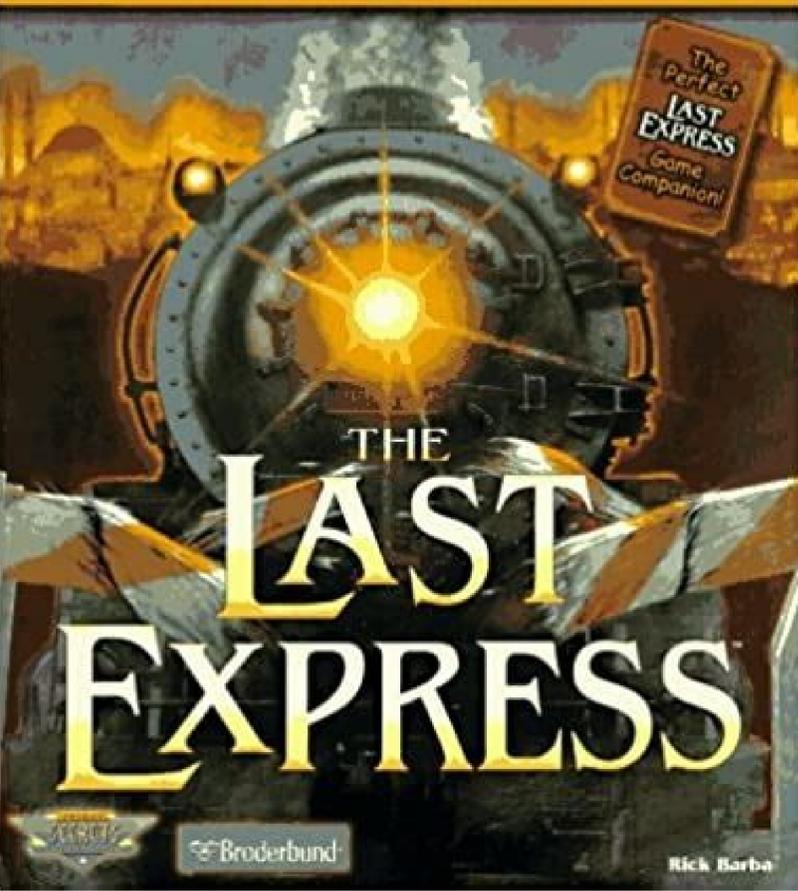


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Mental Strength Training for Peak Performance in Sports: How to Build Your Mental Strength to Improve Your Performance in Sports

The Official Strategy Guide



Peak performance mental training techniques of the world's greatest athletes pdf.

Note: Cover may not represent actual copy or condition available The bestselling author of 26 successful books, Hal's work covers a wide range of topics including creative writing, human consciousness research, personal development, fiction and poetry. A graduate of the Language Arts/Creative Writing Program at San Francisco State University, he holds a Masters degree in Holistic Health Sciences and a PhD in Psychology. He is the co-author, developmental editor, or collaborator for several bestselling books including The Well Body Book; Be Well; The Holotropic Mind; Move Into Life; Change Your Questions, Change Your Life; Kids Beyond Limits; and Teaching That Changes Lives. He now lives in northern California. Do you under perform in competition? If so, learn how to take your practice game to competition... If you can't take your performance in practice to competition regularly, mental training is the answer. Overcome the frustration caused by not performing at your peak potential in competition with mental toughness training!

Your mind - what you think and believe - is your most powerful asset and is what separates average from great athletes. Talent, hard work, and determination combined with superior mental toughness leads you into the winner's circle - consistently! Beat the competition and enhance your mental stamina with sports mental toughness training or self-paced learning programs. How Can You Improve Your Mental Toughness? 1. One-On-One Mental Coaching For athletes who want faster results with their mental game. Get one-on-one mental game coaching from peaksports mental performance coaches! Join a coaching program from anywhere in the world via Skype, Phone or FaceTime or get face-to-face in Orlando, Florida. One-on-one mental coaching is the fastest and most effective method to improve your mental game, boost your performance, and make lasting changes. We have a variety of mental coaching programs to choose from. Please call us at 888-742-7225 with your questions. Coaching Packages Start at \$600 a month. 2. Mental Training CD & Workbooks Audio Programs For athletes who want to work at their own pace-from home, office, or hotel room. Our popular Confident Athlete CD and Workbook programs improve your mental toughness and boost confidence! Or browse our sports-specific mental edge programs for golfers, tennis players, baseball and softball players, figure skaters, MX and auto racers, and more! Our mental training CD and workbook programs are the next best option to engaging in personal mental game coaching. Programs Starting at \$79. Browse About Sports Psychology CD and Workbooks... 3. Free Mental Game Report and Tips For athletes who want to sample the power of mental training. Download your free mental toughness report. Discover if you are making one or more of these "costly" mental game mistakes prior to competition with, "Top 10 'Costly' Mental Game Mistakes Athletes Make Before Competition." Discover if those pregame jitters you feel prior to competition are positive or negative. Learn what mistakes you make with pre-competition mental preparation. Learn the important pregame mental skills to perform your best! Free weekly mental game tips are included. Download a Free Mental Toughness Report Now... What Do Peak Performance Sports' Athletes Say? Do You Have Any Questions? Call Us Today @ 888-742-7225 How do you define peak performance?

Maybe you view peak performance as achieving a best time or personal record... Perhaps you view peak performance as beating a rival or winning a championship title. While all these events could be peak performances, there is something more to the concept of peak performance than just winning. "Peak performance in life isn't about succeeding all the time or even being happy all the time. It's often about compensating, adjusting, and doing the best you can with what you have right now." -Sport Psychologist Ken Ravizza Reaching peak performance is not a sometime thing. There is not a peak performance switch you can turn on in competitions. Peak performance is a mindset that guides an athlete's choices, decisions, and actions every day. Peak performers are not necessarily more talented than other athletes; they just are just more committed to be their best every single day. Any athlete can reach their peak performance... "There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do." -Derek Jeter (14-time MLB All-Star) The big difference between elite athletes and average athletes is that peak performers "do" while most other athletes "hope." Peak performers are driven to accomplish certain objectives rather than hoping that they perform well and accepting whatever result falls their way. "If you aren't going all the way, why go at all?" -Joe Namath (NFL Hall of Fame quarterback) If you want to get to the peak of a mountain or perform at your peak, you must plan, climb, adjust to unfavorable conditions, then climb some more. At times, you will take a step back, get a better foothold and re-assess in order to climb to greater heights within your sport. Peak performance requires preparation and commitment to your athletic development at every level: physical, technical, and mental on a consistent basis. "If you only ever give 90% in training then you will only ever give 90% when it matters." -Michael Owen (English Football Hall of Famer) You are not born into the peak performer club... You need to work your way in. 4 Key Characteristics of a Peak Performer's Mindset 1. Peak performers have a vision. You can't hit what you don't see. Peak performers have the "big picture" in mind. Peak performers commit to their mission. These athletes understand that in order to accomplish their objective, they will need to make some sacrifices (long hours of training, development of mental skills, missing some social events, etc.). Peak performers see their sacrifices as well worth the price for success. What are you willing to sacrifice in order to become a peak performer? 2. Peak performers revel in the challenges of sport. Peak performers do not see obstacles as something to avoid. Peak performers understand that fire forges their character. Peak performers see challenges as opportunities to learn, grow and develop the necessary skills to accomplish bigger things within their sport. So, instead of responding to challenges with frustration, fear or anxiety, peak performers meet challenges head on with a sense of excitement. These athletes are better able to handle adversity, adapt to the challenges within their sport and help them perform consistently at a high level. How can you meet athletic challenges in a positive way? "If it doesn't challenge you, it won't change you." -Fred Devito (Fitness trainer) 3. Peak performers take risks. Risking nothing is synonymous with not achieving. Peak performers are not deterred by fear of failing. These athletes consistently look to move out of their comfort zone. Instead of playing it safe, peak performers lay it on the line even though the result may not be favorable. Peak performers live by the motto, "No risk, no reward." Peak performers know that an unsuccessful attempt has the reward of teaching them how to perform better and smarter in future competitions. What prevents you from taking risks as an athlete? "If you are afraid of failure you don't deserve to be successful!" -Charles Barkley (NBA Hall of Fame Inductee) 4. Peak performers believe in their ability to achieve. Argue for your potential rather than your limits. Failure has more to do with a lack of belief than a lack of talent. Peak performers deeply believe they will accomplish their vision. The reason these athletes perform at their peak is their belief in their ability to overcome obstacles. Peak performers are never deterred by mistakes, losses or uneventful circumstances. These athletes feel peak performance is within their control... it is their belief that keeps them motivated and performing at the upper range of their potential. What do you believe about your potential as an athlete? "You have to believe in yourself when no one else does- that makes you're a winner right there." -Venus Williams (Tennis Great) How Can I Reach Peak Performance? All athletes have the potential to become peak performers but you must be willing to plant the "P's". 1. Plan - You can have a vision but you can't accomplish your objective without a plan. Running a marathon requires a detailed training plan. A plan gives you the specifics on what you need to do to perform at your peak. 2. Prepare - A plan only works if you act on your plan. If you want to raise your batting average 20 points and you decide to take 30 minutes of extra batting practice three times a week, you need to get into the batting cage and swing the bat. 3. Process - Focus on what you need to do in the moment. Don't concern yourself with previous falls, past mistakes and unsuccessful attempts. Once a pitcher releases the ball, he needs to release the ball! Today is a new day with new opportunities to grow your game. You can only be productive in the present. Peak performance requires a "current events" focus. 4. Positive - Maintaining a positive outlook helps you persevere through tough times and overcome the everyday challenges needed to grow your game. Peak performers have faith that the right results will come if they are doing the right things. 5. Push - Go the extra mile and move out of your comfort zone. If you want to perform at your peak, you need to work both hard and smart. As tennis legend Billie Jean King once said, "Champions keep playing until they get it right." Let nothing stop you... Let nothing deter you, keep climbing towards that peak. Tip for Becoming a Peak Performer: You need to make a choice every day. "Do I want to be a peak performer or a bleak performer?" Then you need to be willing to make sure that your actions match your desire. When training gets hard, keep asking yourself that question. When you make a mistake, ask yourself that question. Remember being a peak performer is not a once-in-a-while proposition. You can have results or you can have your excuses. You cannot have both. Learn Confidence-Boosting Techniques! Do you have a negative self-image of yourself as an athlete that stifles confidence? No matter how positive you try to be, are you unable to shake the doubt that rushes into your head when you size up your competition? Have you labeled yourself as a loser, poor closer, or mediocre athlete and these labels keep you stuck in a rut of self-pity and indecision? If you've answered yes to any of these questions, check out The Confident Athlete! The Confident Athlete CD and workbook program is a 14-day plan for ultimate self-confidence. This program is ideal for any athlete or coach that wants to discover proven confidence-boosting techniques guaranteed to drastically build self-confidence and improve sports performance. Learn more about one of our most popular CD programs in The Confident Athlete Series... The Confident Athlete: A 14-Day Plan For Ultimate Self-Confidence Check out all of the products in The Confident Athlete Series! What are customers saying? "We are amazed at how much The Confident Athlete program has helped my niece play her best tennis during matches. She literally made it to the farthest round of a tournament (semifinals) after finishing the CDs/workbook. We are going to do all 3 in the series." -Jason Bourquinon, Uncle "I've been doing great! I've been using your Confident Athlete 14-Day Program and it has really worked for me. We've achieved great results and excellent consistency in our horseshows. We've had some pretty big wins. Thanks so much. Your program has done wonders for me." -Diane Wade, Equestrian For Young Athletes and Parents - Learn More About How to Help Kids Improve Confidence Quickly! We've got a great program for you called "The Confident Sports Kid: A 7-Day Plan for Building Ultimate Self-Confidence." The Confident Sports Kid is a 7-day program for sports parents and kids to boost young athlete's performance, happiness and success... in sports and life! The Confident Sports Kid is two programs in one. There's a manual and CD for parents/coaches, and a workbook/CD for young athletes. Packed with mental strategies that you and your kids can start using immediately, this program teaches your athletes how to identify confidence boosters, proactively deal with them, manage expectations that undermine confidence, and mentally prepare to stay confident when faced with adversity. What's more, our program teaches you, as sports parents and coaches, how you may be hurting your kids' confidence and gives you instructions for changing your behavior in ways that will improve your athletes' performance, confidence and enjoyment. Learn more about one of our most popular CD programs in The Confident Sports Kid Series... The Confident Sports Kid: A 7-Day Plan for Building Ultimate Self-Confidence Check out all of our products in The Confident Sports Kid Series! What are parents and coaches saying about our program? "I just listened to 'The Ultimate Sports Parent Program' on a drive back from North Carolina. Every parent should be required to listen to it! I thought it was great. Thank you." -Rita, Sports Parent "I recently bought your program for kids who are perfectionist, 'Sports Parents Top Dilemma'. I must say that the difference in my son was miraculous. Also, since my son read the program and did so well, I see his old self (fear of failure) coming back little by little. Do you have any other resources that I could get for him? He loves to read and has requested more. He even wants to go into the field of sports psychology. I am so thankful that I found your program. It has made such a huge impact on our family." -Sports Parent For Mental Coaches - Add More Value To Your Mental Training Programs! This workbook series was designed for coaches and mental coaches to use with their athletes. The Athlete's Mental Edge workbooks complement your existing mental training program. Each of the 15 workbooks in the Athlete's Mental Edge System teaches your athletes a specific mental skill to improve their performance. For mental coaches, this system is ideal for between session education. For sports coaches, you'll be able to conduct 15 team seminars using the workbook system. In the Athlete's Mental Edge workbook system, you receive 15 easy-to-read, practical Mental Edge Workbooks on PDF, as well as 16 coaches' game plan MP3 audio files. Athlete's Mental Edge Workbook System What are coaches saying? "I'll start by saying that the Mental Edge Workbook program is awesome. It put all the pieces together for my mental work with soccer players." -Eitan Azaria, Mental Coach for Soccer "I am impressed with the willingness and openness of Dr. Cohn to share all of his assets (intellectual, products, etc.) with the MGCP students. You have developed an incredible model/package for mental training. Even though we are paying for your service, you are passing on a legacy built on your contribution to the world of sports. Thank you for that." -Tony Melito, MGCP Boost Your Self-Confidence And Focus With Expert Mental Game Coaching! Master mental game coach, Dr. Patrick Cohn, can help you or your athlete(s), ages 12 and up, overcome mental game issues with personal coaching. You can work with Dr. Patrick Cohn himself in Orlando, Florida or via Skype, FaceTime, or telephone. Call us toll free at 888-742-7225 or contact us for more information about the different coaching programs we offer! What are our students saying? "Thanks again for teaching me how to do mental game coaching with my volleyball team. We are already seeing results for just our FIRST meeting! I really enjoyed out work together in Orlando!" -Kurt Trout, Iowa Rockets Volleyball Coach

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