



Spirit of St Louis (American Moments)

By Koestler-Grack, Rachel A.

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Summary: Your smart guide to gaining the winning edge with sports psychology. In sports, mental training and toughness are just as important as physical talent. With practical training techniques and helpful strategies for anyone looking for that winning edge - from athletes and coaches to parents and even businesspeople - this friendly guide to sports psychology will help you take your performance to the next level. Build mental toughness - learn to bounce back from adversity, be motivated to do your best, and stay calm under pressure. Cope with performance anxiety - find ways to focus your attention on what matters and control your emotions. Use visualization and self-talk - develop positive thought patterns, find out what type of imagery works best for you, and understand when to use it. Develop strategic routines - create practice and competition habits that improve your focus and consistency. Improve team chemistry - work on your communication skills, embrace your role on the team, and take ownership of success and failure. Open the book and find: How to pull yourself out of a slump. Routines used by professional athletes. Strategies for staying confident, even after a bad...



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