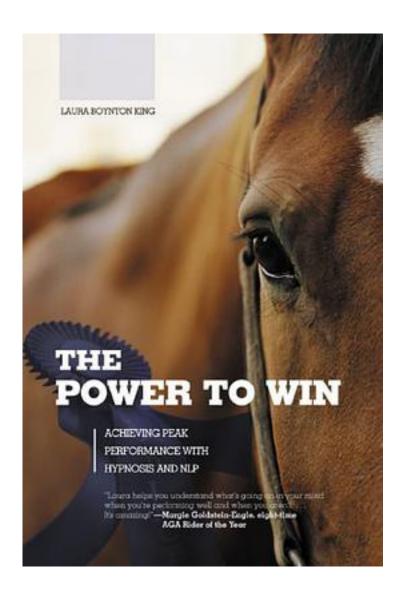# The Power to Win

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著者:King, Laura Boynton

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One of the more frequent challenges faced by athletes is how to improve their performance. They express frustration that they often possess identical, if not superior, physical attributes to their competition, yet they're consistently being outperformed by that competition. In many cases, the problem is rooted in self-doubt and other beliefs that limit their level of performance. Using self-hypnosis, Neuro Linguistic Programming (NLP), and Time Line Therapy(R), Laura Boynton King teaches the reader/rider how to stop dwelling on past failures and other negative feelings and images through stress-reduction techniques, positive imagery, and concentration-focusing skills. Whether the rider feels held back by physical fear (for example, riding a livelier horse or jumping a higher fence than he or she is accustomed to), negative comments from a trainer or a horse show judge, or show-ring performance anxiety, here is a book designed to help replace a "losing" mentality with the winning edge. Full of valuable advice and illustrated with examples of how the author has helped well-known equestrians, THE POWER TO WIN is a valuable tool for all competitive or recreational riders-indeed, any athlete-at any level, as well as for instructors and parents.

作者介绍:

目录:

[The Power to Win_下载链接1_](#)

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[The Power to Win_下载链接1_](#)

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