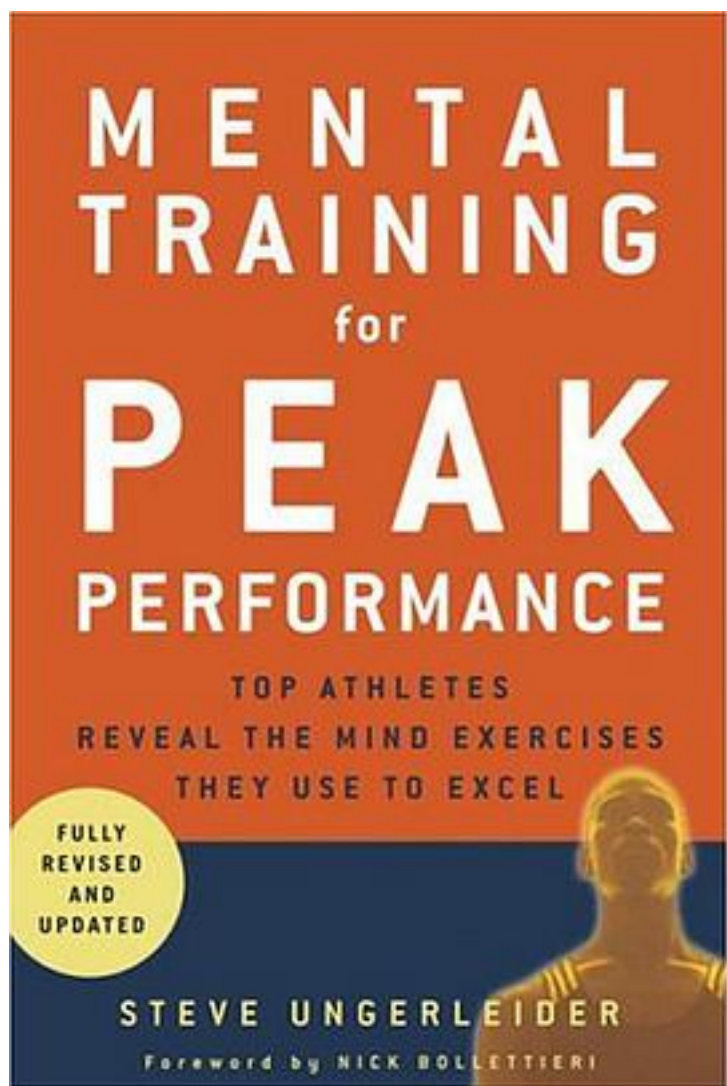


# Mental Training for Peak Performance



[Mental Training for Peak Performance\\_ 下载链接1](#)

著者:Ungerleider, Steven

出版者:St Martins Pr

出版时间:

装帧:Pap

isbn:9781594860287

"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-talko clear your mind with breathing and meditationo maximize performance with mental snapshotso improve your game with guided imageryo use visual rehearsal to fine-tune your styleo 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.

作者介绍:

目录:

[Mental Training for Peak Performance\\_ 下载链接1](#)

标签

评论

没有Jim Taylor那本好，也许是因为不够聚焦

-----  
[Mental Training for Peak Performance\\_ 下载链接1](#)

书评

-----  
[Mental Training for Peak Performance 下载链接1](#)