

Sports Psyching

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How to overcome the tensions, fears, and
frustrations that undermine your game
and keep you from winning.

SPORTS PSYCHING

Playing Your Best Game
All of the Time

"For the past twelve years I have worked with thousands of professional athletes on the psychological techniques they use to reach their full athletic potential. Whatever your sport, these techniques will help you repeat the best day you ever had."

THOMAS TUTKO, Ph.D.

Co-founder, Institute of Applied Motivation, and Professor of Psychology
San Jose State University

AND UMBERTO TOSI

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