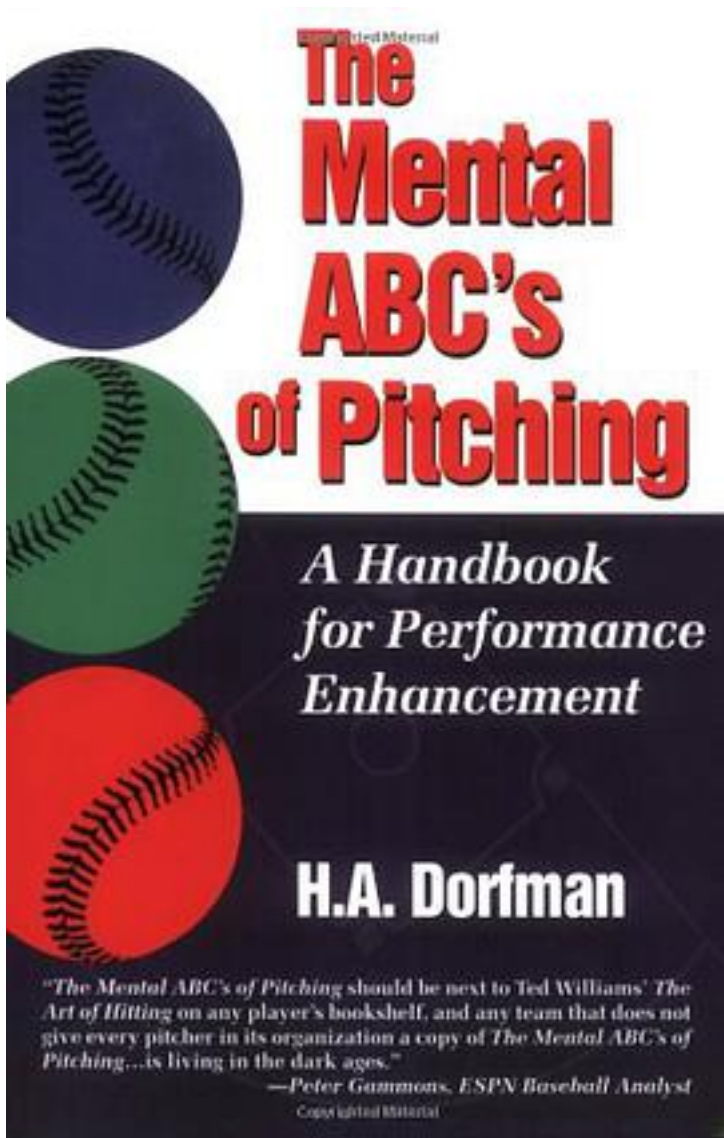


The Mental ABC's of Pitching



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Pitching at every level, from Little League to Major League, requires much more than good mechanics. Baseball, especially pitching, is a mental game of strategy, confidence, and performance. Here from an eminent sports psychologist and the co-author of the classic book, The Mental Game of Baseball, is a clear and insightful guide to the art of pitching. A handbook written as an easy-to-use, A-to-Z reference, Dorfman's latest book addresses the problems every pitcher can face before, during, and after competition and the strategies for solving these problems. From concise discussions on topics ranging from Adjustments to Zeros, The Mental ABCs of Pitching: A Handbook for Performance Enhancement is the perfect companion to The Mental Game of Baseball and a must resource for every pitcher and not a bad idea for hitters who want to learn more about the mental moves on the mound.

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