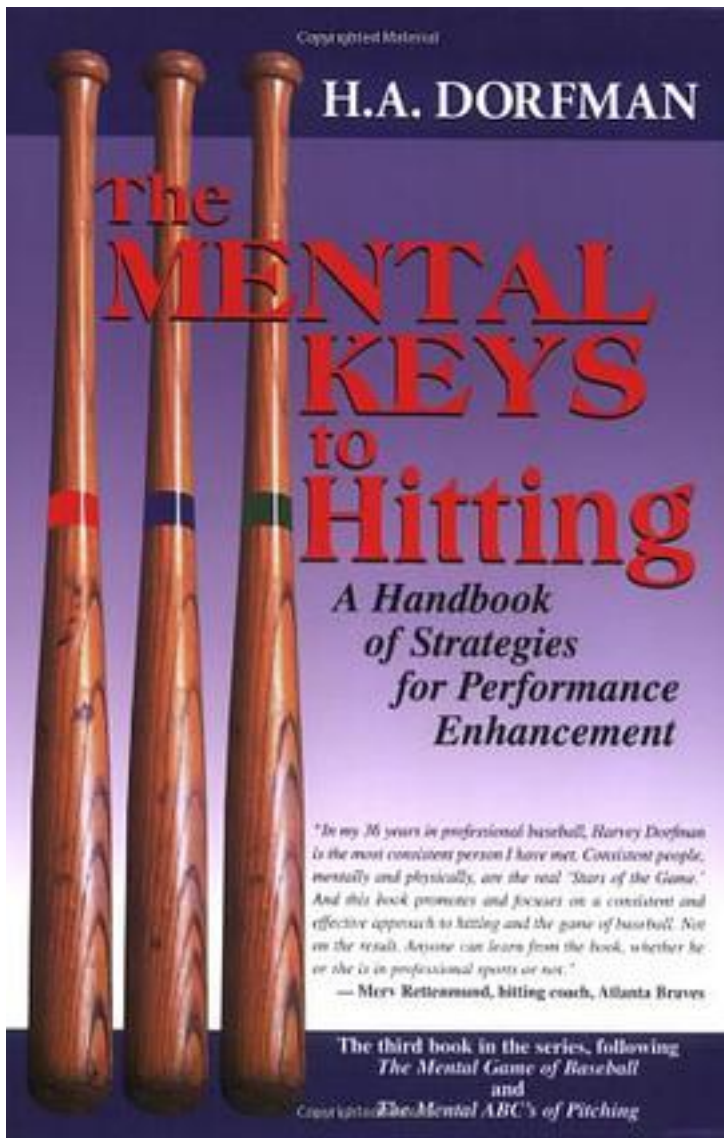


# The Mental Keys to Hitting



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Following in the classic tradition of his bestselling books, The Mental Game of Baseball and The Mental ABC's of Pitching , noted sports psychologist H.A. Dorfman presents the third book in his instructional baseball series. In The Mental Keys to Hitting: A Handbook of Strategies for Performance Enhancement , Dorfman offers once again clear, specific, practical, and vital instruction on how a player can manage the intellectual and psychological aspects of the game, combine them with physical skills, and play to peak performance at the plate. From chapters devoted to teaching the fundamental skill of "seeing the ball" and the art of self-coaching to ones dedicated to the development of confidence and perspective, The Mental Keys to Hitting is a must addition to every player's training and game day routines. Anyone serious about playing baseball should find this book as important as a bat or a glove.

作者介绍:

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