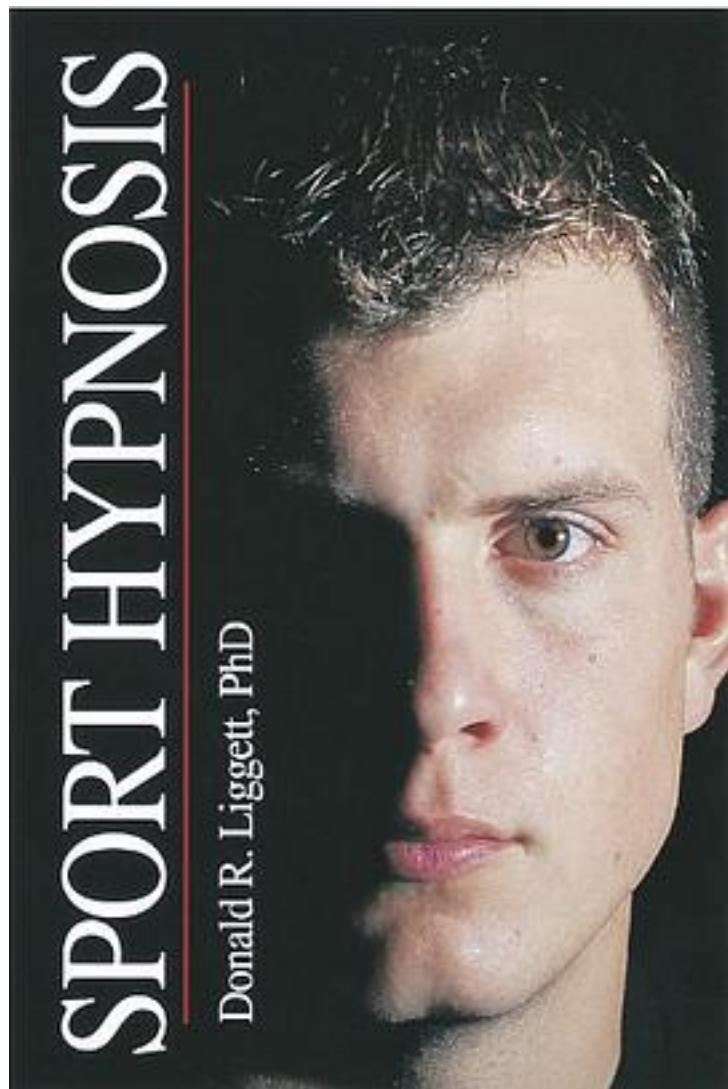


Sport Hypnosis



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著者:Liggett, Donald R.

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The author aims to help athletes learn to sharpen their mental focus, relax their bodies, visualize successful performance, think positively, and control their emotions during training or when facing important competitions. The book covers all these psychological skills and more, pointing out their significant role in performance and presenting training exercises that will develop and reinforce those mental powers. Five case studies show how athletes have used hypnosis.

作者介绍:

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