



On Top of Your Game: Mental Skills to Maximize Your Athletic Performance (Paperback)

By Carrie Cheadle

Feed the Athlete Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How far could you go in your sport if there wasn't anything holding you back? What if there is a world-class athlete inside of you just waiting to come out? Physical skill alone is not enough to deal with the demands of your sport. Knowing how to perform under pressure, tame the butterflies, and overcome setbacks are all essential if you want to be at the top of your game. Drawing on her work as a mental skills expert, Carrie Cheadle gives you the essential mental skills used by top athletes to perform consistently, remain confident under pressure, and successfully accomplish your athletic goals. On Top of Your Game offers specific mental training exercises that you can instantly use to improve your sport performance. This book will help you learn how to: Remain positive under pressure Be mentally tough in the face of any challenge Achieve more consistent results Feel calm, confident, and ready to compete Rekindle the excitement and love for your sport You've trained your body and now it's time to train your mind. This...



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