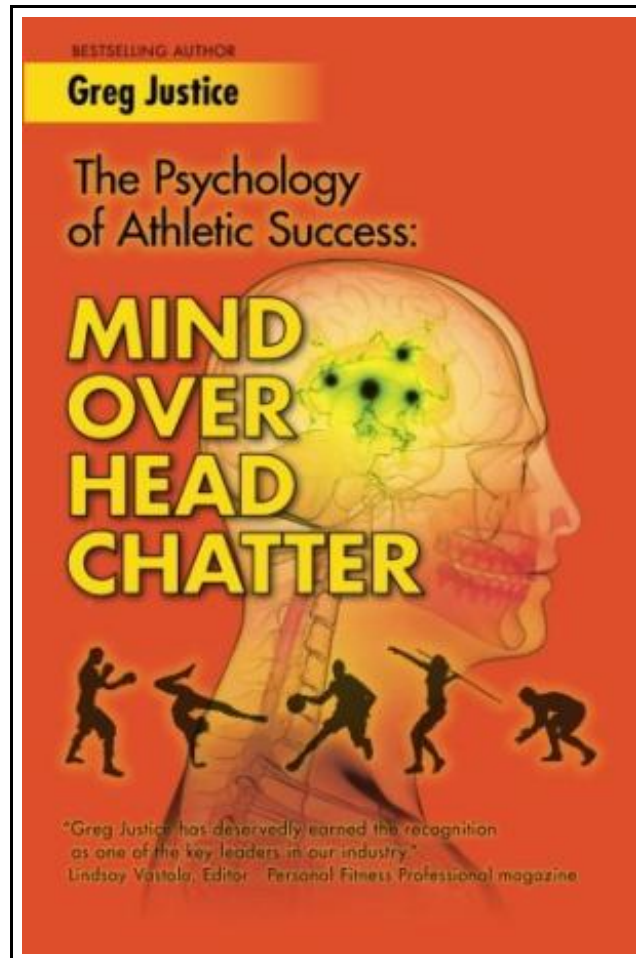


## Mind Over Head Chatter: The Psychology of Athletic Success



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## MIND OVER HEAD CHATTER: THE PSYCHOLOGY OF ATHLETIC SUCCESS



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Have you every marveled at the poise, grace, and athleticism of champions in their sport? Do you find yourself asking, What separates the best from all the rest? Why is it that some athletes make it look so easy while others struggle just to take the shot ? Who would you call on to take the last shot in a basketball game, perhaps Michael Jordan? Who would you hand the ball to in the bottom of the ninth inning, with the game on the line, is it Mariano Rivera? If your team is trailing by six points with less than two minutes remaining in the game, would you trust the ball in Joe Montana s hands? Each of the athletes I listed above is a classic example of a champion. Their beliefs, attitudes, and leadership are second to none. In Mind Over Head Chatter, I share with you the research and insights into the makings of the world s best athletes over many decades, and what made them champions in their sport. You will learn their methods and secrets and what they did to produce at such high levels. You ll also discover how to Ignite your own passion, how to set goals, and develop the mental toughness to take your game to the next level. I wrote this book as much for myself as others, because I wanted to know, just like you, what separates the good from the great. I ve participated in athletics my entire life, through Little League baseball, wrestling, and judo. I was a Little League All-Star, an AAU State Champion high school wrestler, and Sunflower State (Kansas) Champion Judo...



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