



## Practical Sports Psychology (Paperback)

By William Chandon

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is for athletes and coaches who have a deep desire for success and are committed to doing everything they can to succeed. You ll learn how to use your mind as your best competitive advantage. You ll learn practical ways of improving your mental game that work powerfully. Over the years, I ve added different pieces to my approach. My approach has ultimately become a combination of meditation, hypnosis, neuro-linguistic programming, breakthrough thinking and Jungian psychology. However, you ll find virtually no sports psychology theory in this book. The ideas have been baked into the book in practical and simple ways. This is a sports psychology practice book, not a book that you d read to understand sports psychology theory. This is a complete volume of mental practices whose topics are wide and deep for dedicated athletes or coaches who want to explore deeply an effective sports psychology practice. This book can help guide you on your sports journey for a lifetime if you choose. If you re new to sports or sports psychology, you might want to also consider...

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