

Download Sports Psychology Being The Best You Can Be

In this book, you are given the necessary research-validated sports psychology information and tools so that you can harness your anxieties, focus on your desired outcome, rehearse your performance and then go do what you have rehearsed. In addition, you need the psychological fundamentals of a winning attitude and a legitimate and unshakeable confidence in your ability to do what it takes when the pressure is on. In this book, you are read "Sports Psychology: Being The Best You Can Be" by Dr. Gordon Cochrane available from Rakuten Kobo. Sign up today and get \$5 off your first purchase. To perform at your best in your sport, you need a winning attitude and an unshakeable confidence in your ability to do w...