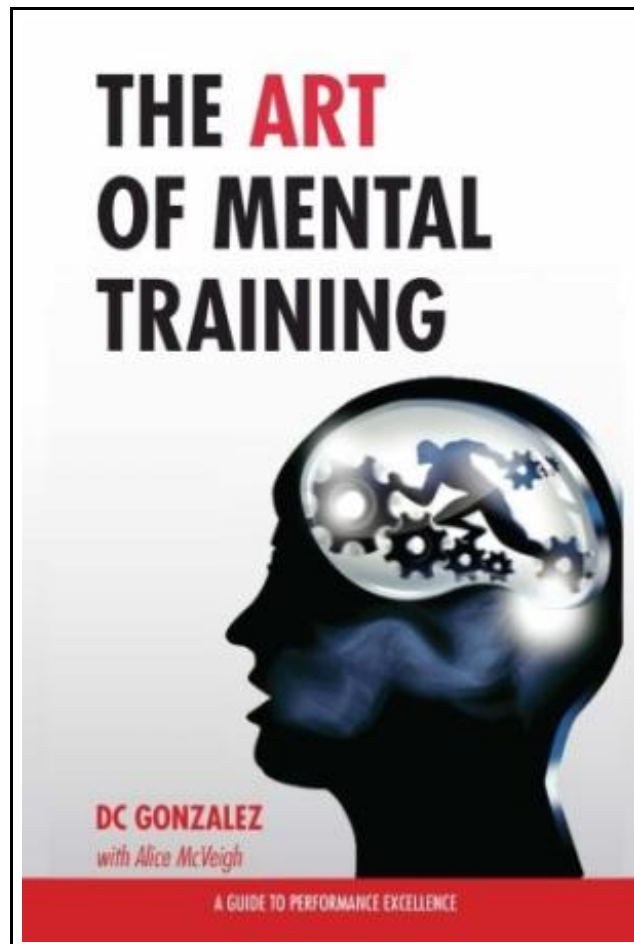


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THE ART OF MENTAL TRAINING: A GUIDE TO PERFORMANCE EXCELLENCE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. Collectors. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Achieve the Champion Mindset for Peak Performance with this Amazon Best Seller. Reach new levels of success and mental toughness with this ultimate guide. Learn the Science of Success and prepare to excel. In this concise and highly acclaimed training guide, Peak Performance Coach and Best-Selling Author DC Gonzalez teaches a blend of unique mental training technologies, sports psychology essentials, and peak performance methods that are effective and motivational. Get ready to increase your self-belief, self-confidence, and mental toughness using this powerful guide designed to help you reach new levels of success, sports performance and personal development. Coach DC Gonzalez is among a very fortunate few that have had the unique experience of learning from the late P.C. Siegel, a world-renowned sports and peak performance authority, sports hypnotherapist, and Neuro Linguistics Programming (NLP) Master Practitioner. This book is powerful, in it Dan explains, teaches, and helps you develop the psychological skills required for peak performance, while pointing out the underlying mental training strategies that will help anyone reach higher levels of achievement and performance - not by random chance, but by focused choice. The Art of Mental Training teaches the critical essentials while interwoven with stories from Dan s fascinating background as an Aviator in the Navy, a Federal Agent, Military Cyber-Security Specialist, Brazilian Jiu-Jitsu Black Belt and a Peak Performance Coach. Dan creates a powerful teaching connection between his adrenaline-filled life experiences and the mental skills and mental training that make all the difference. Access your true potential, control your state and excel even under extreme pressure Enhance performance by transforming the negative energy generated by nervousness and fear into shatterproof confidence Improve...

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