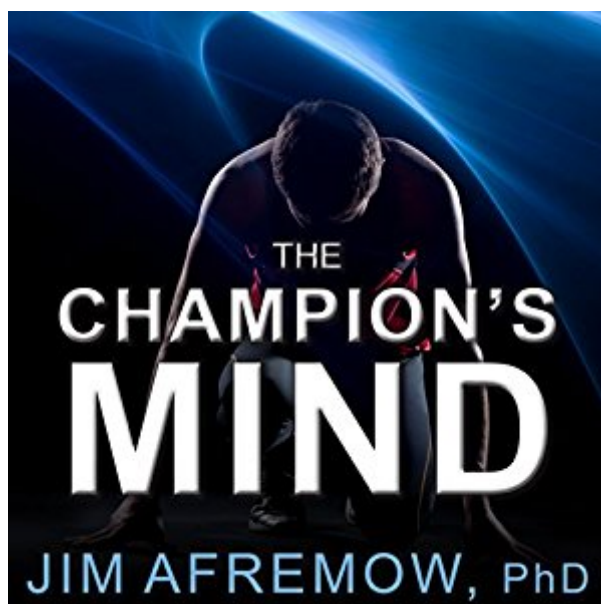


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# The Champion's Mind: How Great Athletes Think, Train, And Thrive



## Synopsis

Sports participation - from the recreational to the collegiate Division I level - is at an all-time high. While the caliber of their game may differ, athletes at every level have one thing in common: they want to excel. In *The Champion's Mind*, sports psychologist Jim Afremow, PhD, LPC, now offers the same advice he uses with Olympians, Heisman Trophy winners, and professional athletes, including tips and techniques based on high-performance psychology research, such as how to get in a "zone", thrive on a team, and stay humble; how to progress within a sport and sustain excellence long-term, and customizable pre-performance routines to hit full power when the gun goes off or the puck is dropped. *The Champion's Mind* distills actionable advice into clear and concise steps for athletes looking to find confidence, concentration, and mental preparedness - the mental edge that sets champions apart.

## Book Information

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## Customer Reviews

I was hesitant at first to buy this book it's because I am not a sportsman or part of any sports team. What encourages me to buy it is the title itself "The Champion's Mind" by Jim Afremow. I was curious on how champions think and act. Who on earth don't want to be a champion I myself wanted to be one in my own chosen field. Therefore I thought buying it would make me a champ or a winner myself. I was not disappointed because this book is not only for sports lovers it is a great resource for anyone. Anybody who wanted to develop and improve their mental skills in any field of performance would benefit from it. Dr. Jim Afremow a mental game coach has delivered each chapter very well. The contents are simple and clear to understand. Another thing is that it

correlates to my favorite book *Maximizing Brain Control : Unleash The Genius In You*. I am a mom and a teacher thus I am looking for books that could give me some ideas about learning and developing the mind. "Maximizing Brain Control" gave me so much technique on how to maximize the ability of my brain to think and function. That's why when I saw "The Champion's Mind" my first reaction is that I can be a champion too by reading this book. When I started reading it I became aware of the mental side of my game. Because I've always focus on the physical side. I've learned that life is like a game the capacity to gain an accurate and deep intuitive understanding of it is by mentally thinking how to deal with it. Remember that anyone can be a champion you too can be a winner. This is possible for almost anyone.

Want to improve your athletic performance without working out more, then get this book by Jim Afremow. I almost did not want to review this book since it has so much solid and practical advise for improving the mental side of athletic performance. Every chapter is backed by research and he includes exercises to practice every performance tip. I first became aware of this book when I read an article in *Self* magazine about pro golfer Michelle Wie. She talks about how the principles in this book have helped her game. Some of the topics covered include: Self talk, Self confidence, Focus, Breath control to calm down or pump up, Dealing with anxiety, Positive affirmations, Champion leader, Pure-race and post race routines, Dealing with mental errors, Focus on what you can controll. I read this book at the beginning of my triathlon season this year. I have been able to bounce back much better after a bad race than I have in the past. One of the things I worked with on my coach in the last year was focusing on the things I could control. One of the things my coach does is pre race planning and post race analysis. After every race she has taught me to ask three questions that Afremow also discusses in this book: What did I do that was good? What needs to get better? What changes should I make to become my best? The goal is always to learn from experience, not repeat mistakes, visualize success and improve performance.

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