



Sport Hypnosis

Donald Liggett

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Harness the power of your own mind! Hypnosis is now a mainstream, modern training technique used by top professionals; it's not the submissive state that has been portrayed in movies and misunderstood by the public. It can help you sharpen your mental focus, relax your body, visualize success, stimulate healing, and control your emotions during training or when facing important competitions.

The positive effects are similar to what sport psychologists, coaches, and athletes refer to when they talk about "getting in the zone." In this state of mental functioning you channel attention and energies fully toward the task at hand. *Sport Hypnosis* is a guide to that special psychological realm and the higher performance athletes aspire to.

First, *Sport Hypnosis* presents an overview of mental training and hypnosis. Next, the book provides specific information on how you can use hypnosis to enhance a variety of mental skills. These skills include relaxation, imagery, goal setting, concentration, easing pain, and increasing inner strength. Finally, because athletes rarely focus on one skill at a time, *Sport Hypnosis* describes in detail how coaches and athletes can apply and combine different hypnotic techniques. Five case studies explain how athletes improved several aspects of their performance through hypnosis. You'll read how hypnosis helped a soccer player eliminate a long-standing, debilitating hamstring pain and how a basketball player achieved a higher free-throw percentage.

Author Dr. Don Liggett presents the hypnosis techniques that he has applied effectively with athletes in many different sports. You can adopt these techniques readily to your own training and competitions. If you're looking for a way to improve the mental side of your performance equation, *Sport Hypnosis* just may be the edge you need to become a champion.

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Dorinda Kling:

This Sport Hypnosis book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is information inside this book incredible fresh, you will get info which is getting deeper a person read a lot of information you will get. This Sport Hypnosis without we comprehend teach the one who examining it become critical in considering and analyzing. Don't always be worry Sport Hypnosis can bring whenever you are and not make your tote space or bookshelves' become full because you can have it in your lovely laptop even phone. This Sport Hypnosis having good arrangement in word in addition to layout, so you will not sense uninterested in reading.

Deborah Mazarella:

The knowledge that you get from Sport Hypnosis could be the more deep you digging the information that hide within the words the more you get serious about reading it. It does not mean that this book is hard to understand but Sport Hypnosis giving you joy feeling of reading. The article writer conveys their point in certain way that can be understood simply by anyone who read that because the author of this guide is well-known enough. This particular book also makes your own vocabulary increase well. So it is easy to understand then can go along with you, both in printed or e-book style are available. We recommend you for having this kind of Sport Hypnosis instantly.

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