



Mental Practice

William Chandon

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This is the first book in the *Mental Practice* series. This is the ideal way to begin building a powerful mental practice, where your mind is your most powerful advantage. Most athletes understand the need for physical practice. Reasonable athletes wouldn't expect to improve their performances without the right kinds of consistent practice. However, the idea of mental practice is much less understood and effectively practiced. **Even if athletes are self-aware enough to know that they are limiting or sabotaging their performances, they often don't know how to fix the problem.** If they knew how to fix themselves, they would. No athletes would be sabotaging themselves.

This book is the perfect place to begin a mental practice. It assumes you have no experience with mental practice. This book gives you a powerful way of working on your mental approach to athletic performance. The essence of a strong mental approach or "mental game" is when we correctly manage our thinking, emotions, and physical body in ways that work the best for us as individuals. We do that by regularly working on improving our mental game. We mentally practice.

Now you have a simple and effective way of mentally practicing. You have a way of discovering and correcting the ways in which you are limiting or sabotaging yourself. **You can start to mentally practice in as little as 15 minutes per day.**

This book is for athletes who are serious about fulfilling their potential. Development of a strong mental game takes practice and persistence. Development of a strong mental game is similar in scope to the development of physical skills in sports. Think of this book as working out. You're working out your mind and training yourself to perform your best.

The individual mental practices are grouped by topics.

- Mental toughness
- Developing mental skills
- Being a champion
- Handling challenges
- Planning for success
- Being healthy
- Training well
- Confidence and motivation
- Being a leader
- Being a free spirit

There are over 190 individual mental practices. Each mental practice has some reflections for you to consider and a unique "Power Thought" after the reflections. A power thought is a simple sentence that you use to engage your imagination and help you focus as you mentally practice, physically train and compete.

See how good you can be.

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From reader reviews:

Jerold Richards:

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Paul Green:

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