

Winning The Mind Game: Using Hypnosis In Sport Psychology - , Tim Rowan

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Hypnosis is an invaluable tool that can quickly and effectively influence the subconscious mind and promote lasting change. This is an excellent resource for anyone currently working with athletes who wish to use hypnosis to improve performance, as well as everyone currently using hypnotherapy techniques wishing to expand into sport psychology. Author: Edgette, John H. Author: Rowan, Tim Publisher: Crown House Publishing Illustration: N Language: ENG Title: Winning the Mind Game: Using hypnosis in sport psychology Pages: 00176 (Encrypted EPUB) On Sale: 2003-07-21 SKU-13/ISBN: 9781904424024 Category: Sports & Recreation : Sports Psychology Category: Psychology : Hypnotism

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