

Mental Mastery - Ken Way

[DOWNLOAD HERE](#)

This is a reference book for sportsmen and women, their coaches and managers, and anyone who is involved in improving mental aspects of sporting performance. It covers all major problems encountered in sport by detailing techniques, case studies and coaching tips to help you understand how you can improve your mental game. Each of the 'Mental Mastery' techniques has proven effective in the world of elite sport. They are presented in step-by-step detail so they can be used by athletes, coaches and parents, regardless of sport, ability or age. In all there are 69 Techniques backed up with 19 case studies and 21 coaching tips. There are also 49 full-colour sports images, 45 diagrams, 27 tables, 3 questionnaires, a techniques-matrix and a huge range of models and ideas - certainly enough to help control or eliminate virtually every conceivable mental problem in sport. 'Mental Mastery' provides detailed information to help you with anxiety, attitude, beliefs, confidence, concentration, determination, emotional control, enthusiasm, energy, focus, goal-setting, killer instinct, mental toughness, motivation, optimism, peak performance, perseverance, resilience, team development, visualisations....and a whole lot more. Each book contains a password to allow access to a downloadable audio-file to accompany one of the techniques on mental-mastery

About the Author: Ken Way has been working with leading sportsmen and women in many different sports for more than 25 years. Having worked with 3 international teams in different sports as well as world, commonwealth and national champions in many different disciplines he has developed mental techniques that are fast, powerful and ultra-effective. His approach has been applied in all major sports, especially soccer where he has worked with six professional teams (at International, European, Premiership and Championship levels). His experience has also been crafted into training programmes that have not only proved popular with coaches but also with businesses and organisations keen to gain that added advantage.

Author: Way, Ken Publisher: BookPOD Illustration: N Language: ENG Title: Mental Mastery Pages: 00000 (Encrypted EPUB) On Sale: 2012-01-20

SKU-13/ISBN: 9780987213549 Category: Sports & Recreation : Sports Psychology

[DOWNLOAD HERE](#)

Similar manuals:

[Spring Flowers At Wahweap Bay Lake Powell Glen Canyon National Recreation Area Utah USA](#)

[Spring Flowers And Badlands Glen Canyon National Recreation Area Utah USA](#)

[Spring Flowers And Badlands Glen Canyon National Recreation Area Utah USA](#)

[Spring Flowers And Badlands Glen Canyon National Recreation Area Utah USA](#)

[Late Afternoon At Lake Powell Glen Canyon National Recreation Area Utah USA](#)

[View From Alstrom Point At Lake Powell Gunsight Butte And Navajo Mountain Glen Canyon National Recreation Area Arizona Utah USA](#)

[View From Alstrom Point At Padre Bay Lake Powell Glen Canyon National Recreation Area Arizona Utah USA](#)

[Spring Flowers And Badlands Glen Canyon National Recreation Area Utah USA](#)

[BRD Germany Bavaria Upper Bavaria Tutzing At The Starnberger Lake Holiday Region Recreation Area For Munich Upper Bavarian Watering Lake People At The Beachside Watering Sunshade Boats On The Lake](#)

[BRD Germany Bavaria Upper Bavaria Tutzing At The Starnberger Lake Holiday Region Recreation Area For Munich Upper Bavarian Watering Lake People At The Beachside Watering Sunshade Boats On The Lake](#)

[BRD Germany Bavaria Upper Bavaria Tutzing At The Starnberger Lake Holiday Region Recreation Area For Munich Upper Bavarian Watering Lake View To The Lake With Boats Old Quay And Mountain Range](#)

[BRD Germany Bavaria Upper Bavaria Tutzing At The Starnberger Lake Holiday Region Recreation Area For Munich Upper Bavarian Watering Lake People At The Beachside Watering Sunshade Boats On The Lake](#)

[Cleaning The Beach At The International Tourism And Recreational Complex Tuan Chau Vietnam](#)

[International Tourism And Recreational Complex Tuan Chau Vietnam](#)

[Cleaning The Beach At The International Tourism And Recreational Complex Tuan Chau Vietnam](#)

[Swimmingpool At The International Tourism And Recreational Complex Tuan Chau Vietnam](#)

[White House At The International Tourism And Recreational Complex Tuan Chau Vietnam](#)

[Man Jumping From A Rock Glen Canyon National Recreation Area - Utah - USA](#)

[USA Utah Lake Powell Glen Canyon National Recreation Area - View From Romana Mesa](#)

[USA Utah Lake Powell Glen Canyon National Recreation Area Romana Mesa Houseboat](#)

[Rock Formations Near Lake Powell, Glen Canyon National Recreation Area](#)

[USA Utah Glen Canyon National Recreation Area Traces In Sand](#)

[Big Wood River Valley, Sawtooth National Recreation Area, Idaho, USA](#)

[Alturas Lake, Sawtooth National Recreation Area, Idaho, USA](#)

[Joshua Tree, Lake Mead National Recreation Area, Nevada, USA](#)

[Joshua Tree, Lake Mead National Recreation Area, Nevada, USA](#)

[Joshua Tree, Lake Mead National Recreation Area, Nevada, USA](#)

[Mother With Kids With A Campfire, House Boat On Lake Powell, Glen Canyon National Recreation Area, Utah, Arizona, USA](#)

[House Boat On Lake Powell, Glen Canyon National Recreation Area, Utah, Arizona, USA](#)

[Lake Powell, Glen Canyon National Recreation Area, Utah, Arizona, USA](#)

[Road Through Imperial Sand Dunes Recreation Area, Sand Hills, California, USA](#)

[Road Through Imperial Sand Dunes Recreation Area, Sand Hills, California, USA](#)

[Valley Of Fires Recreation Area, New Mexico, USA](#)

[Valley Of Fires Recreation Area, New Mexico, USA](#)

[Desert At Nipple Bench, Glen Canyon National Recreation Area, Utah, USA](#)

[Lake Powell, Romana Mesa Morning Light, Glen Canyon National Recreation Area, Utah, USA](#)

[Lake Powell, Romana Mesa Morning Light, Glen Canyon National Recreation Area, Utah, USA](#)

[Desert At Nipple Bench, Glen Canyon National Recreation Area, Utah, USA](#)

[Road To The Hite View Point, Glen Canyon National Recreation Area, Colorado Plateau, Utah, USA](#)

[Colorado River, Glen Canyon National Recreation Area, Colorado Plateau, Utah, USA, North America](#)

[Colorado River, Glen Canyon National Recreation Area, Colorado Plateau, Utah, USA, North America](#)

[Glen Canyon National Recreation Area Viewed From Hite Lookout Point, Colorado Plateau, Utah, USA](#)

[Lone Rock, Glen Canyon Recreation Area, Arizona And Utah, USA, North America](#)

[Rock Formation, Hoodoo At Stud Horse Point, Glen Canyon National Recreation Area, Utah, America, United States](#)

[Rock Formations, Hoodoos At Stud Horse Point, Glen Canyon National Recreation Area, Utah, America, United States](#)

[Rock Formations, Hoodoos At Stud Horse Point, Glen Canyon National Recreation Area, Utah, America, United States](#)

[Autumn Mood At Lake Starnberg, East Bank Recreation Area, Upper Bavaria, Bavaria, Germany, Europe](#)

[Lake Powell, Glen Canyon National Recreation Area, Arizona, USA](#)

[Lake Powell, Glen Canyon National Recreation Area, Arizona, USA](#)

[Lake Powell, Glen Canyon National Recreation Area, Arizona, USA](#)