

Going Mental in Sport: Excelling Through Mind-Management

Dr. Gary LeRoy Hermansson



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Going Mental in Sport: Excelling Through Mind-Management Dr. Gary LeRoy Hermansson This book examines the challenges of performing under pressure. It presents a model of the mind and body working together, leading to a cohesive set of mind-management strategies. The book aims to assist athletes, teams and coaches to understand the 'mental' in performance and to develop discipline and skills to help them to excel.

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