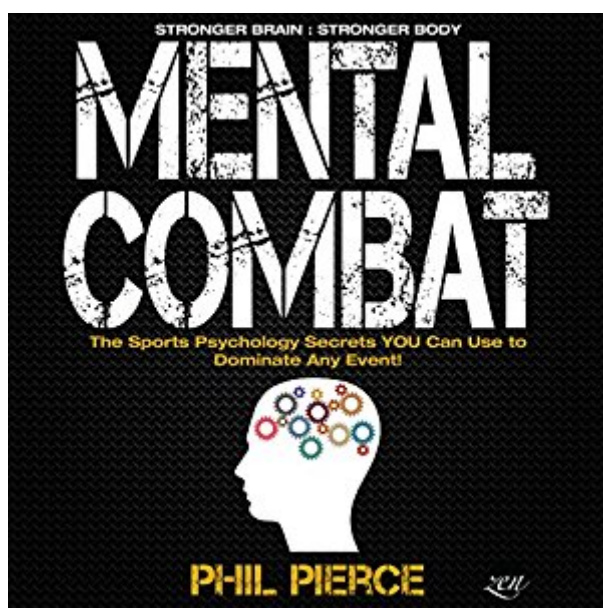


The book was found

Mental Combat: The Sports Psychology Secrets You Can Use To Dominate Any Event!



Synopsis

Finally! An easy way to use the science of sports psychology to skyrocket your performance! You may already know that pro athletes use the power of sports psychology to boost motivation, manage nerves, and become top performers. The problem is that many of these techniques are kept secret, and other guides are heavy and full of jargon. So how can you use the simple power of sports psychology techniques to revolutionize your performance today? Clearly you need more than just a system; you need the right kind of system. Not just the science behind mental strength but a super-simple, step-by-step guide to unlocking the power of your brain. As a best-selling author and martial arts and fitness coach, I've been lucky enough to work with some of the best experts around the world. With input from top instructors and researchers, I discovered easy tactics that can be effortlessly used by everyone, from fitness fans, runners, and gym athletes to combat styles like boxing, MMA, and martial arts. Even the busy office worker can dominate any competitive or stressful event in minutes! This is mental combat...and once applied to your training, it quickly revolutionizes performance - every time! What is mental combat? Mental combat is a simple, easy set of tactics for unlocking the full power of your brain and body. Moreover, it gives you the proven scientific benefits of sports psychology without needing to understand the complex history and theories. While traditional guides can be heavy and difficult to follow, Mental Combat is a simple, tactical approach. Perfect for martial artists, fitness fans, gym enthusiasts, and even the busy office worker! Stressful, nerve-racking events become a walk in the park when transformed using the right techniques. A busy and cluttered mind becomes laser focused.

Book Information

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Customer Reviews

Mental Combat: The Sports Psychology Secrets written by Phil Pierce is an examination of preparing ones mind to enable the body to perform well . The primary emphasis is on sports competition such as Martial arts . The author is a lifelong martial artist and has written books on self defense and there is helpful advice on training your brain so your body will perform better. There are quick fixes for nerves, adrenaline rushes, panic attacks before, during and after events. Each chapter is preceded by a quote from a famous individual that helps explain the following chapter. There is a lot of information on Sports Psychology, its origins and use by ancient Greeks, Germans, Russians and people of today. Reading this book will be an aid to a competitive athlete but it also can be helpful to anyone experiencing stress, anxiety or difficulties in life as they can apply the principles and practices contained in this book and achieve happiness and success. Recommended.

Very easy to read and powerful effective techniques. I am a plant based guy with lot of interest in youga, meditation, mind hacks, productivity improvements and this book is wonderful and ties everything to sports psychology. If you are trying to up your game to next level, the book has wonderful techniques. Of course any book is only as good as how you implement things. I am just quoting couple of small paragraphs from the book. Sports psychology stimulates the mental combat training needed to change your attitude, conquer stress and sharpen your internal processing. The only way to do this is by determining what thoughts or beliefs are holding you back and replacing them with healthy techniques and philosophies. The benefits of this process are endless. Try meditation. Meditation quiets your mind, allowing your brain to focus on restorative processes. With regular practice, meditation can help your brain learn to shut out certain emotions such as pain or anxiety. This means more of your attention stays on your opponent and what you are. I love the emphasis on meditation and mindfulness. That was enough to believe the book!

So far, so good. I went through the book underlining suggestions. We'll see if they pay off when I go to the North American Cup in Baltimore. I do wish he had a few more footnotes to back up his facts about sport psychology, but I tend to believe him.

This is a simple and straight forward book that provides nice tips and tricks for mental training. If you

are serious about mental training, and you practice what this book provides, it will make a difference in your mental state. I continue to use all the tips and tricks on a daily basis. It works!

Helping me already.

Easy to understand and simple to incorporate into your training

I like this book as it follows the journey an athlete takes in competition. I'd suggest this to anyone who wants to know anything about sports psychology and how to train psychological skills

If you are into a competitive martial arts, then this book is for you.

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