



The Wrestling Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Wrestling Mat (Paperback)

By Danny Uribe Masep

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. THE ONLY SPORTS PSYCHOLOGY WORKBOOK THAT S EXCLUSIVELY DESIGNED FOR WRESTLERS TO BUILD MENTAL TOUGHNESS AND BOOST THEIR ATHLETIC PERFORMANCE Athletes hear it all the time. Wrestling is 90 Mental, and 10 Physical It s All in Your Head The Only One that Can Stop You is You You have to be Mentally Tough! But what exactly do those sayings mean Without something concrete, it s difficult for athletes to understand what it specifically takes to have a mental approach primed for success. And rather than have a debate with someone who knows nothing about mental training or sports psychology. or read about theories and mental hacks that may or may not work off some random website.why not use a detailed, interactive, and engaging workbook that shows and teaches athletes how specific Sports Psychology concepts directly impact their performance on the wrestling mat? That s exactly what you ve found here! Through 10 Dynamic Exercises. we take athlete s on a journey through the Most debilitating Mental and Emotional Obstacles faced by the Vast Majority of Competitors including: - Decreased Levels in...



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