



Psyched to Win

Robert M. Nideffer

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"Psyched to Win" provides the important link between mental skills and physical results. "Psyched to Win" explains how focusing concentration, controlling muscle tension, and thinking positively under stress create real physical changes that enhance sport performance. This guide shows athletes how to save time by building psychological skills training into their regular practice routine, how to use the self-hypnosis training scripts provided to stay centred and in control, and more.

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