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The Inner Winner contains proven performance psychology tactics that you can use to enhance your performance in sport, business and life in general! No matter what level of performance you are currently operating at, these psychological tactics can enhance it further.

The Inner Winner: Performance Psychology Tactics That Give ...

INTRODUCTION : #1 The Inner Winner Performance Psychology Publish By Corín Tellado, The Inner Winner Performance Psychology Tactics That Give the inner winner contains proven performance psychology tactics that you can use to enhance your performance in sport business and life in general no matter what level of performance you are currently

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The Inner Winner Performance Psychology Tactics That Give ...

Establish the mindset & habits to enhance your well-being and performance! Applying the latest psychology research to create impact. Setting a challenge mindset in collaboration with high performers.

The inner motion – Sport & Performance Psychology

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Shuangshuang Lee, Tengfei Wang, Xuezhu Ren, Inner speech in the learning context and the prediction of students' learning strategy and academic performance, Educational Psychology, 10.1080/01443410.2019.1612035, (1-15), (2019).

The inner speech of behavioral regulation: Intentions and ...

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The inner speech of behavioral regulation: Intentions and task performance strengthen when you talk to yourself as a You. Sanda Dolcos. Corresponding Author. Department of Psychology, University of Illinois at Urbana-Champaign, Champaign, USA. Correspondence to: Sanda Dolcos, Department of Psychology 603 E Daniel Street, University of ...

"The Inner Winner" contains proven performance psychology tactics that can be used to enhance performance in sport, business, and life in general.

WINNER OF THE TELEGRAPH SPORTS BOOK AWARDS 2020 – GENERAL OUTSTANDING SPORTS WRITING 'A fascinating book about the psychology of elite sport... Mind Games explores compelling territory.' Don McRae, the Guardian 'An amazing book that I very much enjoyed.' Simon Mundie, Don't Tell Me the Score (BBC Podcast) 'a fascinating book' Daily Mail It's well known that to reach the top in elite sport, you need to have spent years honing and perfecting your physical ability. However this is only part of the template required to win – the other half is about mind games. Throughout her career as one of the world's top athletes, Annie Vernon struggled with existential questions about the purpose of sport in our comfortable, first-world society: Why do we do it? What is it in our psyche that makes us push ourselves to the limit? What allows us to mentally overcome the physical pain? Now retired from competition, Olympic silver medallist and world champion rower Annie Vernon has decided to look for answers to these questions. Drawing on her personal experiences and interviews with some of the best coaches, athletes and psychologists from across the world of sport – including Lucy Gossage, Katherine Grainger, Matthew Pinsent, Brian Moore, Brian Ching and Dr Steve Peters – Annie discovers the secrets of how athletes train their brains in order to become world beaters. Annie debunks the myth that elite performers are universally cool, calm and brimming with self-assurance. Through exploring the bits on the inside that nobody can see, Annie instead creates a new understanding of what it takes to be successful in sport and uncovers that, in fact, an elite athlete is not that different from you and me. It's simply a question of mind games.

In this unprecedented book, two psychologist researchers interview sports legends and super-athletes across sports to explain the thinking that powers stellar performers, pushing them to amazing and historic successes.

Praise for Mind Gym "Believing in yourself is paramount to success for any athlete. Gary's lessons and

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David's writing provide examples of the importance of the mental game." --Ben Crenshaw, two-time Masters champion and former Ryder Cup captain "Mind Gym hits a home run. If you want to build mental muscle for the major leagues, read this book." --Ken Griffey Jr., Major League Baseball MVP "I read Mind Gym on my way to the Sydney Olympics and really got a lot out of it. Gary has important lessons to teach, and you'll find the exercises fun and beneficial." --Jason Kidd, NBA All-Star and Olympic gold-medal winner In Mind Gym, noted sports psychology consultant Gary Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so. Through forty accessible lessons and inspirational anecdotes from prominent athletes--many of whom he has worked with--you will learn the same techniques and exercises Mack uses to help elite athletes build mental "muscle." Mind Gym will give you the "head edge" over the competition.

Anyone involved in sales faces huge challenges these days, from fierce global competition and increased pressure on margins to the power of internet-savvy buyers and difficulties with getting time with prospective buyers. To succeed in sales, something more than the traditional techniques is needed. Neuro-Sell presents an effective, brain-based approach to selling that is sensitive to what's going on in the customer's mind. Neuro-Sell helps readers understand the importance of the unconscious and get below the surface of what people say to recognise what they really mean. Packed with examples, quizzes, templates and interactive exercises, it develops readers' skills in building sales relationships with the four main types of buyer and outlines the five stages of neuro-negotiating that will help give readers the competitive edge.

Drawing on their own hard-won experience and modeling the best customer service principles today, Hazeldine and Norton strip customer service back to the bone to reveal the essential tools necessary to become customers' true champions.

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of "relaxed concentration" that allows you to play at your best • build skills by smart practice, then put it all together in match play Whether you're a beginner or a pro, Gallwey's engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. "Introduced to The Inner Game

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of Tennis as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program.”—from the Foreword by Pete Carroll

Acquiring the winning edge in sports—the mental edge Mental conditioning is now seen by many to be as critical to sports success as physical conditioning. And for parents eager to ensure their children have a winning edge—as well as a future college scholarship—nothing could be more critical to success. This book offers readers a comprehensive program to gain that winning edge, providing training tips and techniques along with helpful advice to keep in mind while competing. With practical advice on how to strengthen concentration (and when you shouldn't concentrate), talk yourself into winning, and develop routines that will lead to consistent improvement, the book's full personalized program will help any athlete gain over time the winning edge in any sport With tips on how to regulate your energy to avoid exhaustion; and how to enhance your team's chemistry through sports psychology Loaded with real-world examples from amateur and professional sports of all kinds Applicable to not only sports—but business as well—Sports Psychology For Dummies will enhance any competitor's motivation, focus, and will to win, when facing life's toughest challenges.

Want More Joy and Confidence? Discover the life guide that has developed world champions, empowered athletes to become world #1, and most importantly, transformed their hearts and minds. This step-by-step training manual from one of the world's top mental skills coaches will teach you how the mindset of some of the best performers and leaders on the planet allowed them to have freedom and confidence when so much was out of their control. Whether you're an athlete or entrepreneur, single mother or father of five, you'll find exercises, techniques and tools in this book that will improve every area of your life. Your life will take on new meaning as you move beyond the pursuit of happiness to a life of purpose and fulfillment. Jim Murphy's complete program of proven mental techniques is based on the powerful principles of love, wisdom, and courage, that came from over six years of full-time research and writing (after his masters degree in Coaching Science). "I read the first version of Inner Excellence six times. I recommend all my clients read it." - Matt Killen, PGA Tour coach to Justin Thomas, Tiger Woods and many others INNER EXCELLENCE WILL SHOW YOU HOW TO: DEVELOP SELF-MASTERY—and let go of what you can't control OVERCOME ANXIETY—and build powerful mental habits REMOVE MENTAL BLOCKS—and get out of your own way TRAIN YOUR SUBCONSCIOUS MIND—and release limiting beliefs As a professional baseball player in the Chicago Cubs organization, Jim's sense of worth and identity revolved around his performance. He was obsessed with fame but also afraid of failure, and that fear in his heart made him struggle under the pressure to perform. When he started coaching professional and Olympic athletes, he

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saw the same pattern over and over again: athletes had lost their joy and passion for life as the fear of failure engulfed their lives. This book will share with you how some of the best athletes in the world have learned Inner Excellence, how it propelled them to extraordinary performance even when they were filled with doubt and uncertainty, and how you can excel in the same way in your life. The insights and exercises within will help you achieve higher levels of performance than you ever thought possible—and bring incredible peace and confidence. "Inner Excellence changed how I see the world, how I think, and how I play golf." - Vaughn Taylor, three-time PGA Tour winner Jim Murphy is a Performance Coach (mental skills) to some of the best athletes and leaders in the world. The majority of his clients achieved the best year of their career their first year working with Jim (or their best year in the previous five years)

The world of sports psychology and in the introduction of mental skills coaches has exploded into the athletic mainstream over the last few decades. Before then, the attitude regarding such training was extremely conservative and "old school"—the prevailing philosophy was that "any athlete who needs to talk with a shrink needs to have their head examined." Fortunately, with today's modern athletes, the dark ages of mental training in sports have gone away and times have changed for the better. But as with any growing industry, there are lots of new and untested pathways to one's mental performance training in practices and games. But depending on who you talk to, the advice that is given can vary widely—and sometimes, even be contradictory. The Secrets of Sports Psychology Revealed by Rick Wolff, one of the pioneers in the field of sports psychology, is based upon his many years of clinical, hands-on work with top professional and amateur athletes in a variety of sports. He provides real insight into what does—and doesn't—work. Specifically: Do pre-game visualization techniques really work? Is it OK to be superstitious, or are those rituals counterproductive? Does taking a deep breath or two in a tight situation really help? What's the best way to learn how to make adjustments in one's game? These direct questions, and many others, are presented and answered in this easy to use how-to guide aimed directly at athletes and coaches. The answers are right to the point and are based upon the author's observations and work over the years with top athletes.

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