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# MIND GYM

AN ATHLETE'S GUIDE  
TO INNER EXCELLENCE

GARY MACK WITH DAVID CASSTEVENS  
FOREWORD BY ALEX RODRIGUEZ



# Mind Gym An Athletes Guide To Inner Excellence Paperback

**Myron J. Smith**



## **Mind Gym An Athletes Guide To Inner Excellence Paperback:**

*Mind Gym : An Athlete's Guide to Inner Excellence* Gary Mack, David Casstevens, 2002-06-03 Drawing on his work with some of the top teams in professional sports noted sport psychology consultant Gary Mack shares with you the same techniques and exercises he uses to help elite athletes build mental muscle These 40 accessible lessons and inspirational anecdotes will help you gain the head edge over the competition **Mind Gym** Gary Mack, David Casstevens, 2002 Drawing on his work with some of the top teams in professional sports noted sport psychology consultant Gary Mack shares with you the same techniques and exercises he uses to help elite athletes build mental muscle These 40 accessible lessons and inspirational anecdotes will help you gain the head edge over the competition **Mind Gym (10th Anniversary HC): An Athlete's Guide to Inner Excellence** Gary Mack, 2012-01-13 A new hardcover edition celebrating the 10th Anniversary of this evergreen title Drawing on his work with some of the top teams in professional sports noted sport psychology consultant Gary Mack shares with you the same techniques and exercises he uses to help elite athletes build mental muscle These 40 accessible lessons and inspirational anecdotes will help you gain the head edge over the competition **Mind Gym** Gary Mack, David Casstevens, 2002-06-24 Praise for Mind Gym Believing in yourself is paramount to success for any athlete Gary's lessons and 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 [Dive In - The Ultimate Guide to Swimming Mastery](#) Kim Gomez, 2024-04-23 Are you ready to take your swimming to the next level and unlock your full potential in the water Look no further than Dive In The Ultimate Guide to Swimming Mastery This comprehensive guide is the first of its kind offering a wealth of expert techniques training methods and life lessons that will transform the way you approach swimming no matter your age or skill level Inside you'll discover Proven techniques for mastering all four competitive strokes from freestyle to butterfly Cutting edge training programs designed to maximize your speed endurance and efficiency in the water In depth analysis of the physics and biomechanics of swimming giving you a deeper understanding of how your body moves through the water Mental training strategies to help you overcome fear build confidence and develop a champion's mindset Nutritional guidance and recovery techniques to fuel your body and optimize your performance both in and out of the pool Whether you're a competitive swimmer looking to shave

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Gym The Ultimate Guide for Beginners and they will find themselves in awe of their newfound ability to perform upon shedding themselves of the insecurities and anxieties that clouded their judgment before The idea underneath it all is very simple you go to a real gym in order to train your muscles Shouldn t you go to a mind gym to train your mind Historical greats not only from sports but from every industry have underscored the absolute importance of having a strong mind Many famous athletes have said that having a strong mind is as important as having strong muscles and more still have said that the majority of being a top level athlete and being great at a game is having a honed mind Your ability to perform not only in sports but in anything under the sun can be broken down and torn apart and once you ve broken them down into tiny little pieces like that you realize that a lot of it your ability to perform is actually in the way that you approach it Through confidence diligence and motivation you can go from a zero to hero with anything you can dream of What it ultimately comes down to is your willingness and your motivation The author attempts to make this blindingly obvious to the reader in a book which if the reader allows it will absolutely change not only their life but the way they approach it and will start them on the path towards all of their dreams and hopes and everything that they want to accomplish You ve got dreams isn t it time you did something about them Don t let yourself stagnate Start yourself on the journey towards something far grander than what you re doing right now and increase your confidence in yourself and your ability along the way Ultimately this book isn t a fix all It helps you make your own fix all by helping you think in a healthy way by helping you think like a winner thinks

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