



## The Mental Athlete: Inner Training for Peak Performance in All Sports

By Kay Porter

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, The Mental Athlete: Inner Training for Peak Performance in All Sports, Kay Porter, Improved mental ability means improved sports performance. Athletes who excel do so not just because of their physical abilities but because of their mental awareness, preparation, and skills as well. "The Mental Athlete" aims to help improve your overall performance by providing the tools, guidance, and practical insight you need to sharpen your mental skills. This conditioning manual for the mind should help you: further enhance mental strengths and address weaknesses through effective self-assessments; increase confidence in personal abilities and avoid the fear of failure; heighten awareness of inner-thought processes and learn ways to improve them; and be free of inhibitions to initiate action and to respond intuitively and positively to challenges.

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