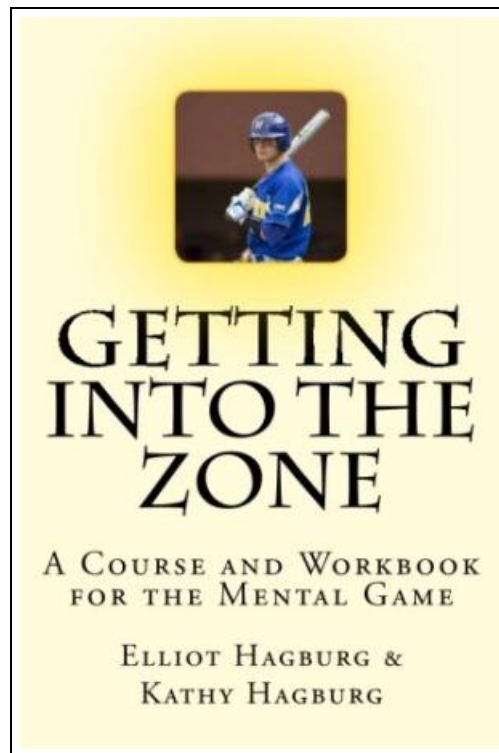


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GETTING INTO THE ZONE: A COURSE AND WORKBOOK FOR THE MENTAL GAME (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If baseball and softball are 80 to 90 mental, shouldn t someone be teaching our young players how to master the mental part of the game? A game changer is a defining moment, event or idea that creates an instantaneous momentum shift of energy. It can be a positive, poetry in motion energy shift, or a negative, slip on a banana peel energy shift. The catalyst for either of these energy exchanges is our thoughts or the collective thoughts of a group or team. It triggers a chain of events or outcomes, which are based on the outlooks and beliefs of the observers/ participants. This energy is flowing and circulating through us at all times. We also have complete access to it at all times. By training our minds, we can learn to achieve top performance and create the ultimate game changer. Once we realize we are more than just flesh and bones, we can begin to take control of our lives, both on and off the playing field. WARNING, Do not attempt to read this book unless you are prepared to be the Star you always dreamed of being.



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