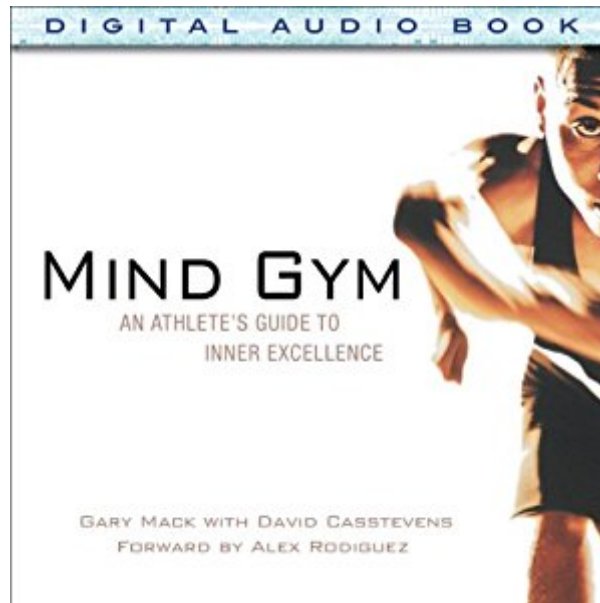




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# **Mind Gym: An Athlete's Guide To Inner Excellence**



## Synopsis

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 40 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.

## Book Information

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## Customer Reviews

I've always believed in the strength of the mind over the body. I love how this book goes in to details and examples of exactly that. Even my 15-yr old son is excited to read this one. Great for everyone, athletes, employees, managers, and anyone and everyone else.

“Studies have proven that mental training will not only enhance performance and improve productivity but also add to your enjoyment. Whatever your age, whatever your game, you can learn how to stay focused. You can learn to deal with adversity. Stay motivated during difficult times. Avoid fatal distractions. You can learn how to follow your dreams and live your life on purpose. Achieving inner excellence is a process. Building mental muscle, like building physical muscle, requires time and effort. The more you work on the inside, the more it will show on the outside...Think of this book as your mind gym. Read the lessons, do the exercises, and answer the questions. If you do, you will acquire the skills needed to create the ideal mental state that will allow

you to rise to the next level and perform at your best by choice rather than chance. ~ Gary Mack from Mind Gym We go the gym to get our bodies strong. Gary Mack tells us we need to go to the mind gym to get our minds strong. I like it! Gary is a leading sports psychologist and this book unpacks "an athlete's guide to inner excellence." If you're into sports (like me!) you'll enjoy all the great quotes from recognizable athletes plus the sports stories that bring Gary's stories to life. Either way, these ideas are absolutely applicable to whatever game we're playing. Whether we're creating a new business, a piece of art or raising a family, we need to get our minds right. Let's explore some of my favorite Big Ideas: 1. A.C.T. Backward - To move forward. 2. The Goal Straircase - Step by step by step. 3. Limits - Begin where vision ends. 4. Breathe and Focus - #1 way to deal with stress. 5. Confidence - It's the bottom line. Here's to living in integrity w/our highest ideals as we hit the mind gym and optimize our lives. More goodness including Philosophers' Notes on 300+ books in our \*OPTIMIZE\* membership program. Find out more at [brianjohnson . me](http://brianjohnson.me).

Actually, the book was recommended by one of my former athletes, a state champion. I read hers and purchased one of my own to use for athlete motivation so I could flag and highlight in it. I bought the most recent copy to pass along to one of my current athletes who has found it very helpful; four state medals in two years. She is sharing it with one of her teammates and friends. I shared the title and some excerpts at a coaches' clinic at which I was presenting and got good feedback from those coaches who also purchased it to use in their programs.

I've read a fair few sports psychology books in the past and found this one to cover a big range of topics but without too much depth.. The references to specific players and the stories about them made the book even better. Anyone who's looking to jump into learning about sports psych should read this book.

Excellent book and resource! I gave a copy to each of my players and my fellow coaches in order to foster communications and a common language with regard to enhanced mental routines, deeper engagement at game time, and thinking the game more effectively! Coach Ken Hobbs 18U WORTH COBRAS Fastpitch Softball

This book was exactly what the doctor ordered. My son plays travel baseball and it is so important that he gets a handle on the mental aspects of the game. Playing with enthusiasm, proper attitude and heart. Too many kids approach the game with the wrong mindset and have bad experience or just plain quit. Gary covers everything in this book. It's great for all ages and for any type of athlete. His wisdom even applies to life in general. I would recommend this book to everyone.

As a parent of a student athlete I read this book to learn ways to support him with learning to focus less on disappointments and more on having fun while playing the sport he loves. It made me reflect on how we can easily get caught up in the competitiveness of life without stopping to take a breath. Learning to focus on the everyday positive is a skill that will help my child in every aspect of his life.

Some parts of this book are really interesting but I was expecting more theory and more exercises. Too much self-help.

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Mind Gym: An Athlete's Guide to Inner Excellence Mind Gym: An Athlete's Guide to Inner Excellence (NTC Sports/Fitness) No Gym Weight Loss: A Simple, Easy & Proven Guide to Build the Body of Your Dreams with No Gym & No Weights Inner Peace and Happiness: How to Find Inner Strength and Clear Your Mind Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) The Thought Gym: Train the mind...and the body will follow! The Art of Belief: Design Your Mind to Destroy Limitations, Unleash Your Inner-Greatness, and Achieve the Success of Your Dreams (Success Mindset, Mind Development, Personal Success Book 1) W21PR - Standard of Excellence Book 1 Drums and Mallet Percussion - Book Only (Standard of Excellence Comprehensive Band Method) W21CL - Standard of Excellence Book 1 Clarinet - Book Only (Standard of Excellence Comprehensive Band Method) W22FL - Standard of Excellence Book 2 Book Only - Flute (Standard of Excellence - Comprehensive Band Method) W21HF - Standard of Excellence Book 1 - French Horn (Standard of Excellence Comprehensive Band Method) W21TB - Standard of Excellence Book Only - Book 1 - Trombone (Standard of Excellence Series) W22HF - Standard of Excellence Book 2 French Horn (Standard of Excellence Series) W22BN - Standard of Excellence Book 2 Bassoon (Standard of Excellence - Comprehensive Band Method) W22XB - Standard of Excellence Book 2 B-flat Tenor Saxophone (Standard of Excellence - Comprehensive Band Method) W21OB - Standard of Excellence Original Book 1 Oboe (Standard of Excellence - Comprehensive Band Method) W22CLB - Standard of

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