

Mental Combat The Sports Psychology Secrets You Can Use To Dominate Any Event Martial Arts Fitness Boxing Mma Etc

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Mental Combat The Sports Psychology

Mental Combat is a simple, easy set of tactics for unlocking the full power of your brain and body. Moreover, it gives you the proven scientific benefits of Sports Psychology without needing to understand the complex history and theories. Whilst traditional guides can be heavy and difficult to follow, Mental Combat is a simple, tactical approach.

Mental Combat: The Sports Psychology Secrets You Can Use ...

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Amazon.com: Mental Combat: The Sports Psychology Secrets ...

MENTAL COMBAT is an exceptional audiobook on sports psychology and performance. Whether you're in a competition or not, there are some good practical skills to be learned here. Staying focused and positive is key to being successful.

Mental Combat: The Sports Psychology Secrets You Can Use ...

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Amazon.com: Mental Combat: The Sports Psychology Secrets ...

5.0 out of 5 starsThe Mind and the Body. Reviewed in the United States on August 2, 2015. Mental Combat: The Sports Psychology Secrets written by Phil Pierce is an examination of preparing ones mind to enable the body to perform well . The primary emphasis is on sports competition such as Martial arts . The author is a lifelong martial artist and has written books on self defense and there is helpful advice on training your brain so your body will perform better.

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Mental Combat: The Sports Psychology Secrets You Can Use ...

1. To understand basic psychological principles concerning stress, coping, emotion, and emotion regulation, and their impact and influence on combat sports such as judo 2.

(PDF) Sport Psychology in Combat Sports - ResearchGate

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Mental Combat by Phil Pierce | Audiobook | Audible.com

Anticipation is like prediction. It relies on your ability determine what it about to happen. It is also a sport-specific perceptual skill. In combat sports, your defensive expertise depends on how well you anticipate what you opponent is going to do; how wisely you choose the best response; and how well - and how quickly - you execute the action.

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