



The Cricket Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Cricket Field (Paperback)

By Danny Uribe Masep

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. THE ONLY SPORTS PSYCHOLOGY WORKBOOK THAT S EXCLUSIVELY DESIGNED FOR CRICKET PLAYERS TO BUILD MENTAL TOUGHNESS AND BOOST THEIR ATHLETIC PERFORMANCE Players hear it all the time. Cricket is 90 Mental, and 10 Physical It's All in Your Head The Only One that Can Stop You is You You have to be Mentally Tough! But what exactly do those sayings mean Without something concrete, it s difficult for players to understand what it specifically takes to have a mental approach primed for success. And rather than have a debate with someone who knows nothing about mental training or sports psychology. or read about theories and mental hacks that may or may not work off some random website.why not use a detailed, interactive, and engaging workbook that shows and teaches athletes how specific Sports Psychology concepts directly impact their performance on the cricket field? That s exactly what you ve found here! Through 10 Dynamic Exercises. we take athlete s on a journey through the Most debilitating Mental and Emotional Obstacles faced by the Vast Majority of Competitors including: -Decreased Levels...



Reviews

Extensive information for book fans. It is writter in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Otis Wisoky

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at at any time of the time (that's what catalogs are for relating to when you ask me).

-- Dr. Everett Dicki DDS

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