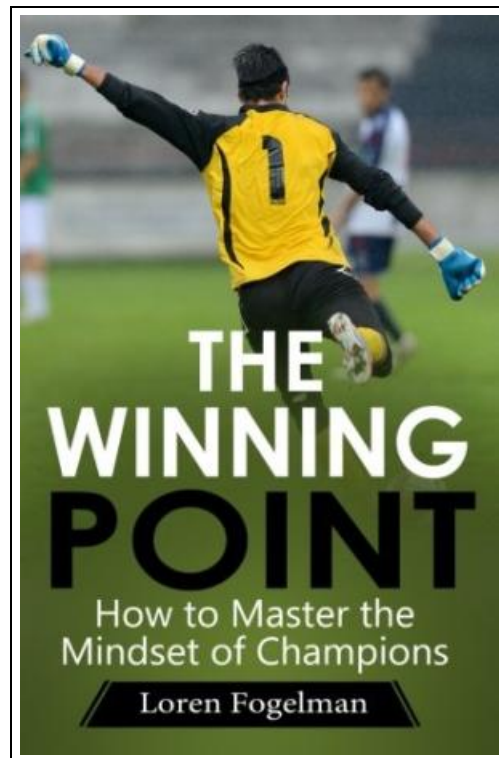


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THE WINNING POINT: HOW TO MASTER THE MINDSET OF CHAMPIONS (PAPERBACK)



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Winning Performance Publications, United States, 2012. Paperback. Condition: New. Language: English. Brand new Book. Winning mindset = winning outcomes An Olympic hopeful faces the end of his worst season yet. For a year he's been in a slump, not hitting his numbers. His trainer suggests a meeting with Loren Fogelman. After a single session with Loren, he ends the season on a positive note, winning the event and setting a new season best record. A golfer complains of erratic, inconsistent play. New equipment doesn't solve the problem the way he thinks it should. Following Loren's advice, he transforms nearly every aspect of his mental game-he slows down, focuses his mind and concentrates on one shot at a time. Distractions disappear. Dedicated focus lowers his handicap. He's voted the most improved player in his club. A dressage equestrian takes a bad fall during competition. The injury shuts her down for a long time. When she finally does compete again, she holds back-self-blame and the fear of being hurt again claw at her confidence. Her horse senses her apprehension. But when Loren inspires her to create a powerful vision that aligns with her goals, she becomes a top performer in her category. What these athletes have in common: They know their negativity is diverting their energy and hindering their performance. They succeed with Loren's insights and create the specific mindsets and visions necessary to attain their goals. Focusing on what's do-able helps you win big In The Winning Point, Loren Fogelman asserts that anyone can be a champion-high performance isn't the trademark of gifted athletes alone. Today is the day to claim what's rightfully yours. You have a choice. Stop settling for less than what you want to offer the world. Focus on your vision. Boldly go! Your mindset colors everything you...



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