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Unlimited Sports Success: The Power of Hypnosis

By Stephen Mycoe

iUniverse. Paperback. Book Condition: New. Paperback. 220 pages. Dimensions: 8.9in. x 5.8in. x 0.7in. Providing powerful mental techniques and strategies Unlimited Sports Success shows how we all have the potential to elevate our athletic performance to the next level. You will be guided on the ways in which champions harness their mind power to achieve the results they enjoy, introducing you to remarkable secrets used by both amateurs and Olympic champions for decades. With over twenty real life case studies and custom made hypnotic scripts, you will have access to tools enabling you to forge new results in area such as; Improved performance. Alleviate pre-competition nerves. Switch on Muscle building processes. Remove obstacles to success. Lose or gain weight. Focus more clearly. Improve mental stamina. Enhance strength and dexterity. Increase motivation. And much more. Statistically the sports person who believes they will fail always will, unfortunately the opposite is not always true. Success programming is a simple but profound technique. The traits you need mentally, emotionally and physically for success you already possess within. With the assistance of hypnosis you can gain access to these abilities and experience the reality of your potential success. You are capable of being the athlete...



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Reviews

A top quality publication and also the font employed was interesting to learn. It is really simplistic but excitement within the fifty percent from the book. Its been designed in an remarkably basic way in fact it is only following i finished reading this pdf where in fact changed me, modify the way i believe.

-- **Rachel Stiedemann**

Certainly, this is the very best work by any writer. It is loaded with knowledge and wisdom I am just quickly will get a satisfaction of reading through a created publication.

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