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The Winning Point: How to Master the Mindset of Champions (Paperback)

By Loren Fogelman

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....



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