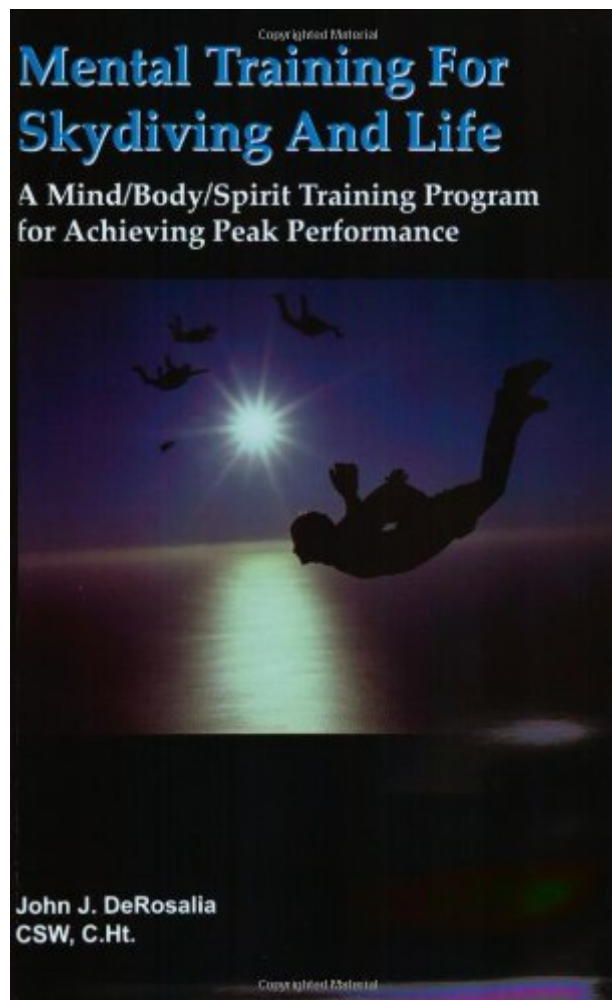


# Mental Training for Skydiving and Life PDF



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Mental Training for Skydiving and Life by John DeRosalia ISBN 0970776306

This is a peak performance handbook--for individuals and teams--for skydivers and non-skydivers alike. It's a "how to" book that teaches practical methods and techniques for designing realistic plans to achieve goals. Best of all it's filled with creative and innovative mental training tools that are simple to use and can be applied immediately. John DeRosalia is a master at motivation and performance enhancement. He's been training the 'best of the best' both in and out of skydiving for over a quarter of a century. The 2 chapters on teamwork alone are invaluable. The chapter Video Games—the Creative use of Visualization and Imagery, is ingenious, extremely effective, and lots of fun. The chapter on Performance Anxiety can make a difference immediately. This book is an exhilarating experience. It can change your life.

## **Mental Training for Skydiving and Life Review**

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