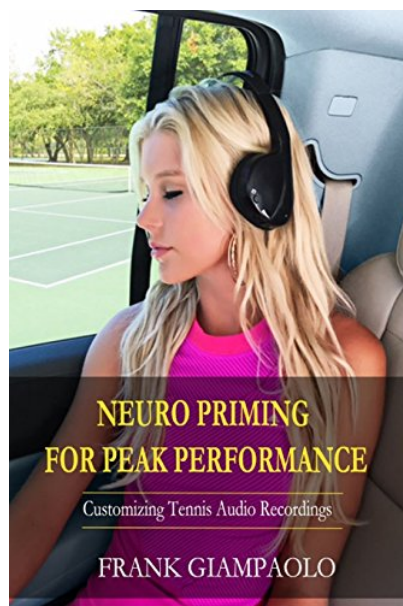


BwLBO [Download] Neuro Priming For Peak Performance: Customizing Tennis Audio Recordings



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Neuro Priming For Peak Performance is a guidebook that provides a fresh, unique pathway to improving tennis skills through customized mental recordings to review and rehearse solutions for competitive performance. Neuro priming identifies the causes of an athletes anxiety and pin-points specific match situations and pre-sets their solutions. The visualization process is an essential off-court form of personalized training. Performing at peak performance level requires the athlete to be confident and able to adapt when things go astray. In competitive matches, the athlete who has their pre-set contingency plans has superior confidence in their problem-solving ability. Neuro priming is one of an athletes greatest allies when it comes to grooving motor programs, strategic plans and defenses against performance anxieties. DISCLAIMER: "We cannot guarantee the availability of this ebook on an external site."

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