



Even among the most elite performers, certain athletes stand out as a cut above the rest, able to outperform in clutch, game-deciding moments. These athletes prove that raw athletic ability doesn't necessarily translate to a superior on-field experience its the mental game that matters most. Sports participation-from the recreational to the collegiate Division I level-is at an all-time high. While the caliber of their games may differ, athletes at every level have one thing in common: the desire to excel. In *The Champion's Mind*, sports psychologist Jim Afremow, PhD, offers the same advice he uses with Olympians, Heisman Trophy winners, and professional athletes, including: - How to get in a "zone," thrive on a team, and stay humble - How to progress within a sport and sustain long-term excellence - Customizable pre-performance routines to hit full power when the gun goes off or the puck is droppedWith hundreds of useful tips, breakthrough science, and cutting-edge workouts from the world's top trainers, *The Champion's Mind* will help you shape your body to ensure a longer, healthier, happier lifetime.

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