



## Mental Combat: The Sports Psychology Secrets You Can Use to Dominate Any Event! (Martial Arts, Fitness, Boxing Mma Etc) (Paperback)

By Phil Pierce

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm.

Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Finally! An easy way to use the science of Sports

Psychology to Skyrocket Your Performance! You may already know that Pro Athletes use the power of Sports Psychology to boost motivation, manage nerves and become top performers. The problem is that many of these techniques are kept secret and other guides are heavy and full of jargon. So how can you use the simple power of Sports Psychology techniques to revolutionize your performance today? Clearly you need more than just a system, you need the right kind of system. Not just the science behind mental strength but a super-simple, step-by-step guide to unlocking the power of your brain. As a bestselling author, martial arts and fitness coach, I've been lucky enough to work with some of the best experts around the world. With input from top instructors and researchers I discovered easy tactics that can be effortlessly used by everyone. From fitness fans, runners and gym athletes to combat styles like boxing, MMA, and martial arts. Even the busy office worker can dominate any...



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