



With Winning In Mind

By Lanny Bassham



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The most authoritative book available on mental training for sports. Learn: The secrets of mastering the pressure of big competitions; the three mental processes that control a winning performance; why 95% of all winning is accomplished by only 5% of the participants; how to turn your deficiencies into your strengths; the most powerful mental tools used by Olympic winners. Essential for: athletes in training for national or world competitions in all sports; coaches of top ranked teams and individuals; parents of gifted young athletes or Olympic level hopefuls; anyone interested in increasing their performance while reducing stress.

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