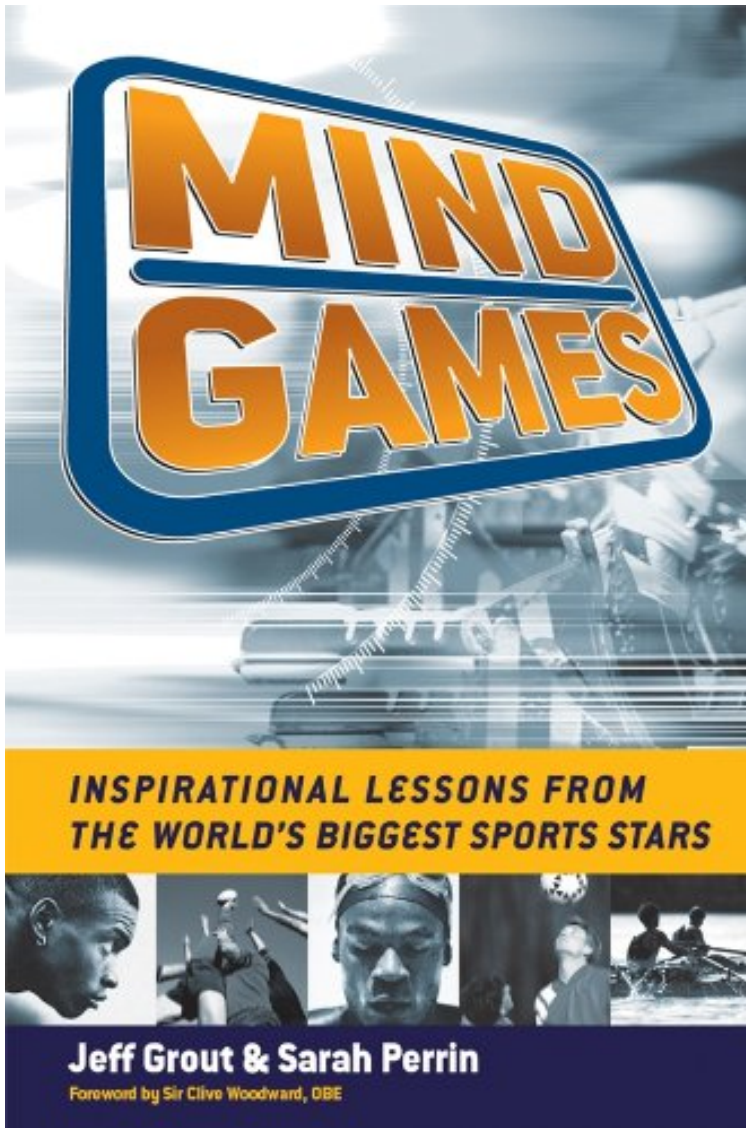


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Mind Games: Inspirational Lessons from the World's Biggest Sports Stars



Par Jeff Grout, Sarah Perrin
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Description : Description du produitLife is a mind game. All your aspirations are played out in your head. All your relationships are shaped in your head. Even your career progression depends on your mental approach to the world. Your mind dictates whether you fulfill your potential or live your life dreaming. In sport it can make the difference between winning and losing. Mind Games shows how to harness this power. It reveals the techniques the worlds biggest sports stars use to cross the line first, score the most points and outwit their opponents. These lessons are applicable in any area of life, whether you want to be a better parent, achieve more at work or fulfill a lifelong ambition. The mind can be a great ally or a great obstacle. Mind Games shows how the sporting greats have harnessed its potential. Apply their lessons and youll find a world of possibility opening up to you. Life is a mind game. Success is in the head. "The mental side of sport

is massive. Before setting off to Australia for the 2003 World Cup I said that the competition would be won "in the head". It isn't necessarily the best team or the team with the most talented players that wins games, but the team that can "think correctly under pressure". From the Foreword by Sir Clive Woodward OBE

Présentation de l'auteur What makes a winner - in business or in sport? Why do some people consistently break sales targets, cross the line first or hammer the ball in the net with pinpoint accuracy? Natural talent and disciplined training are vital. But with two equally matched professionals, something else makes the difference that provides that extra, champion factor: the mind. Mind Games looks into the mental processes of sporting stars, identifying the attitudes and approaches that enable them to achieve peak performance, every time, and applies them specifically to the world of business. What are the key mental characteristics that make some people come out on top? How do winners channel adrenaline into controlled power while losers choke? What do sportsmen and women mean when they talk about 'the inner game', being 'in the zone' or being 'in the now'? What is it that coaches do to realise the potential they see? What are the lessons that business winners need to learn from sport's superstars? Mind Games has the full involvement of over 30 sporting household names, including Sven-Gran Eriksson, Matthew Pinsent, Clive Woodward, Nick Faldo, Jonny Wilkinson. The authors draw on extensive first-hand experiences of acknowledged sporting champions across a range of sports, identifying personal techniques proven to have worked under the pressure of top-level competition. They also draw on the expertise of professional coaches and psychologists who have worked with sportsmen and women.

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Quatrième de couverture Life is a mind game. All your aspirations are played out in your head. All your relationships are shaped in your head. Even your career progression depends on your mental approach to the world. Your mind dictates whether you fulfil your potential or live your life dreaming. In sport it can make the difference between winning and losing. Mind Games reveals the techniques the world's biggest sports stars use to cross the line first, score the most points and outwit their opponents. Jeff Grout and Sarah Perrin draw on extensive firsthand experiences, identifying personal techniques used by coaches and athletes proven to have worked under the pressure of top-level competition. Get into the minds of sporting champions such as Matthew Pinsent, Ellen MacArthur, Nick Faldo, Sir Clive Woodward, Sally Gunnell, Jonny Wilkinson and Roger Black. The lessons of these sporting heroes are applicable in any area of life, whether you want to be a better parent, achieve more at work or fulfil a lifelong ambition. The mind can be a great ally or a great obstacle. Mind Games shows how the sporting greats have harnessed its potential. Apply their lessons and you'll find a world of possibility opening up to you. Life is a mind game. Success is in the head.