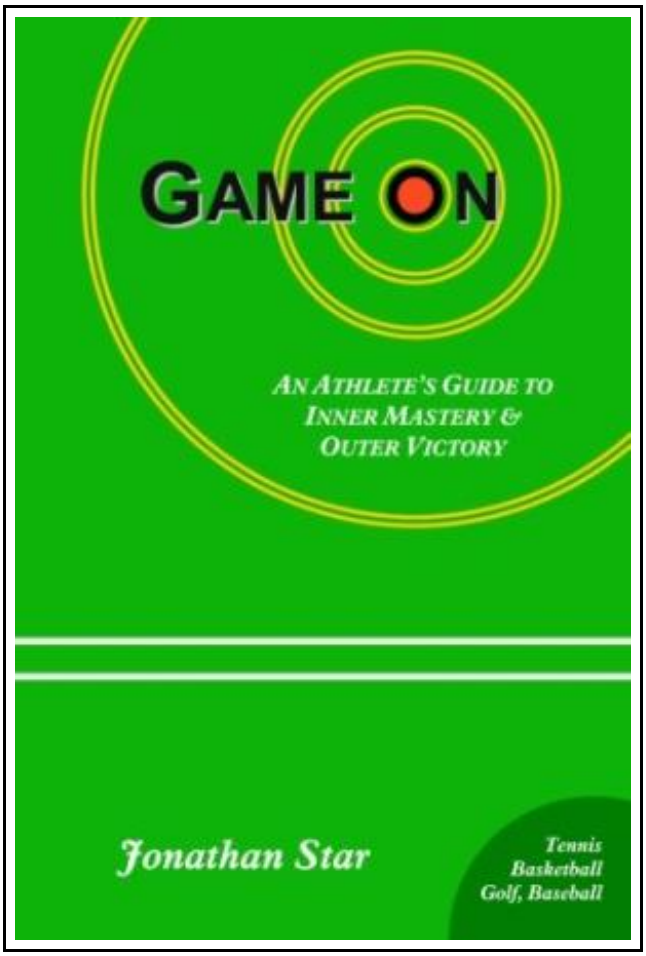
Game On An Athletes Guide to Inner Mastery and Outer Victory



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GAME ON AN ATHLETES GUIDE TO INNER MASTERY AND OUTER VICTORY

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Theone Press. Paperback. Book Condition: New. Paperback. 138 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.Game On explores the spiritual and psychological dimension of sport and articulates eight fundamental approaches by which an athlete can consistently move toward the zone (or what is called the state of on.) This exalted state is not viewed as something that only comes about by chance or by a seeming act of grace but as the state of ones higher self, which, if understood and cultivated, can be delivered with great consistency. The principles explained in Game On can be applied to any sport, but most of the examples are specifically applicable to tennis, basketball, golf, and baseball. The eight chapters found in Game On are: 1) Form the Right Relationship with your Thoughts, 2) Master the Moment (and the Breath), 3) Get Beyond the Cognitive Mind, 4) Align with Life (and the Positive Pole of Life), 5) Discover and Express Your Creative Power, 6) Resolve the Past Reshape the Future, 7) Adopt a Winning Mindset, and 8) Meditate (Access the Core of Your Being). There is extensive discussion on The Mental Game of Tennis, How to Master the Basketball Free-Throw, and The Fundamentals of the Perfect Swing in Golf. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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