



The Champion's Mind: How Great Athletes Think, Train, and Thrive

Jim Afremow PhD

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Sports participation-from the recreational to the collegiate Division I level-is at an all-time high. While the caliber of their game may differ, athletes at every level have one thing in common: they want to excel. In *The Champion's Mind*, sports psychologist Jim Afremow, PhD, LPC, now offers the same advice he uses with Olympians, Heisman Trophy winners, and professional athletes, including tips and techniques based on high-performance psychology research, such as how to get in a "zone," thrive on a team, and stay humble; how to progress within a sport and sustain excellence long-term, and customizable pre-performance routines to hit full power when the gun goes off or the puck is dropped. *The Champion's Mind* distills actionable advice into clear and concise steps for athletes looking to find confidence, concentration, and mental preparedness-the mental edge that sets champions apart.

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