

★ ★ ★ ★ ☆	4.7 out of 5
Language	: English
File size	: 3858 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 228 pages
Lending	: Enabled



Match Mentality is a book that provides a comprehensive guide to merging skills and mindset into performance. It is written by Dr. Jim Afremow, a renowned expert in the field of sports psychology. The book is based on Dr. Afremow's years of experience working with athletes of all levels, from youth to professional. In Match Mentality, Dr. Afremow provides a step-by-step process for developing the mental skills that are essential for success in any sport. These skills include:

- Focus
- Confidence
- Motivation
- Resilience

Dr. Afremow also provides practical advice on how to overcome mental obstacles and perform at your best under pressure. Match Mentality is a must-read for any athlete who wants to improve their performance. It is also a valuable resource for coaches, parents, and anyone else who works with athletes.

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About the Author

Dr. Jim Afremow is a renowned expert in the field of sports psychology. He has worked with athletes of all levels, from youth to professional. Dr. Afremow is the author of several books on sports psychology, including *Match Mentality* and *The Inner Game of Tennis*. He is also a sought-after speaker and consultant.

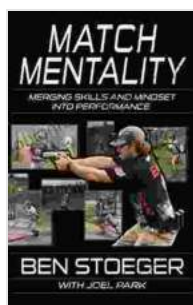
Reviews

"Match Mentality is a must-read for any athlete who wants to improve their performance. It is full of practical advice and insights that can help athletes of all levels reach their full potential." - Joe Mauer, Minnesota Twins

"Dr. Afremow is one of the leading experts in the field of sports psychology. Match Mentality is a valuable resource for any athlete who wants to improve their mental game." - Mia Hamm, Olympic gold medalist

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Match Mentality: Merging Skills and Mindset into Performance by Ben Stoeger

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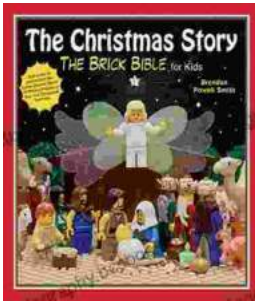
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