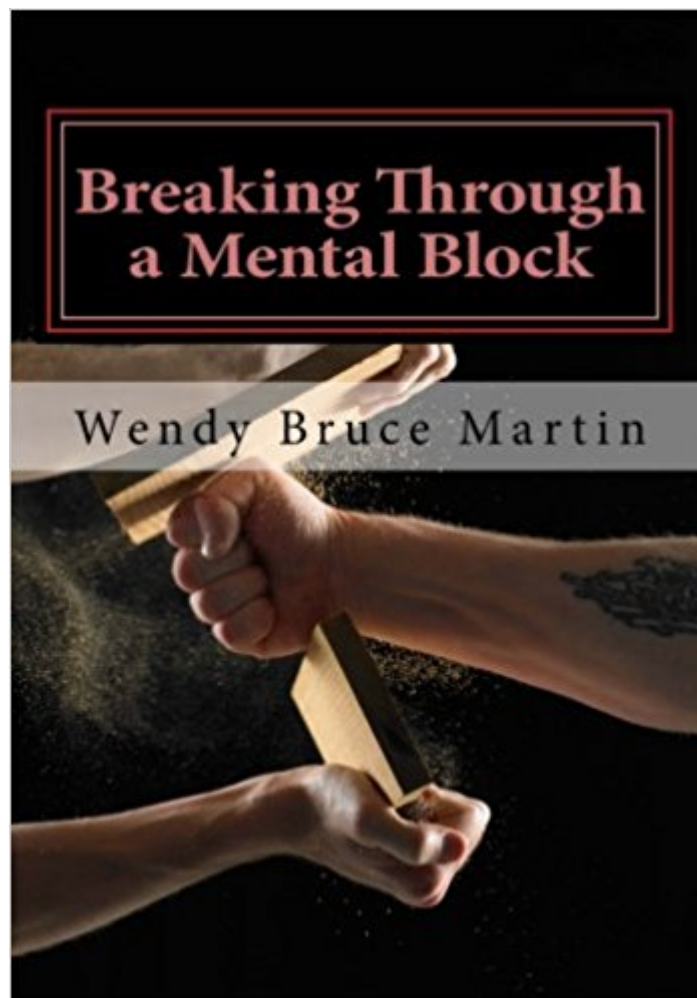




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Breaking Through A Mental Block: The Athlete's Guide To Becoming Fearless



Synopsis

Athletes need to be physically strong and mentally tough to be able have a peak performance. Some challenges that can get in the way are fears and mental blocks. Parents, coaches, and athletes can feel frustrated when they don't know where to turn for help. 1992 Olympian Wendy Bruce created this workbook to guide athletes toward a breakthrough. This workbook is filled with worksheets and activities that engages the athlete and teaches them the tools they need to fight through. Wendy uses sports psychology theories along with her experience competing at the International and Olympic level to create a step-by-step plan on what it takes to win the mental game. If you are a sports parent that have a child with fears or mental blocks, this workbook is for you.

Book Information

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Customer Reviews

Wendy Bruce was a member of the bronze medal winning 1992 Olympic Gymnastics team. She coached gymnastics for over 20 years, received her degree in psychology, and owns her own mental training company, Get Psyched. Wendy has two daughters in competitive all-star cheerleading. Wendy has experience as an athlete, coach, parent, and mental coach and has a unique approach to empowering athletes.

Helpful book . 4 yrs of gymnastics and all of a sudden couldn't co doing her skills. Now much better at most of them after using book. Set up nicely

Great!

Excellent advice from Wendy Bruce Martin. She writes well and it's comforting to know she has been there.

As a military family, we move every other year. Last fall, my daughter started with another new team, in another new state. She instantly clammed up, became fearful, and "lost" many skills that were easy for her in her old gym. This book came recommended and my daughter started to read it immediately. Within days, she was able to begin progressions for the lost skill that gave her the most fear: the layout bars dismount. She couldn't let go of the bar. She was so afraid. She read the book on the way to a private lesson within a week of owning the book, and in that one hour lesson, she was able to let go of the bar and do a tuck flyaway. I'll never forget the look on her face and the high five and hug she got from her coach. In no time, she was able to get the layout dismount back and even became the Uneven Bars State Champion in March. From my daughter: "I would not have been able to do that flyaway without Wendy's book." This book is a game-changer. Thank you, Wendy!

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