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Mind Training For Swimmers



Synopsis

"Mind Training For Swimmers" is truly everything you ever could want to know about positive thinking and how to improve your swim or sport performance. Written by Craig Townsend, Australia's Swim Guru, it is filled with examples and teaching points that are sound, thorough, and based upon solid scientific thinking. The author is the Director of It's Mind over Matter in Sydney, Australia; and he has worked in the area of mental training for swimming, sports and personal development for over fifteen years! He possesses a Diploma in Clinical Hypnosis, and for over twenty years he has researched and experimented with various methods of tapping the potential of the human mind. His program has received world recognition, and has now been put into book form. Bellissima Publishing, LLC is proud to have Craig Townsend among its writers. This is a must read book that should be required reading for every swim coach and swimmer! It is a book that can help anyone move towards positive thinking and self-recognition.

Book Information

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Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (4 customer reviews)

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Customer Reviews

I would highly recommend this book for every competitive swimmer and i would also recommend it for every parent who is interested to let their teenage swimmers win races. Coaches should seriously read this book and implement it with swimmers. Swimming is not only physical, its physiological as well amd this part is sometimes overlooked in training programs. I improved 5 seconds applying race visualization in my 50 fly. I am a 33yrs old female master swimmer. This is a A must have book

I just saw this book recommended by Xtreme Swimming Swim Team in Australia (on their website),and I know why! This is a book everyone who wants to improve their game (whatever that game is) should read. All about positive thinking and how to approach a competition with confidence, it is an invaluable tool for anyone involved in sports and competition of any kind.

The information was repetitive from one chapter to another. But I still got a great deal of information out of it and I'm anxious to apply it to my swim competition.

I only gave 4 stars as we are still reading - I would recommend, easy to read and personal stories and techniques can apply to anything.

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