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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**

Paperback: 256 pages

Publisher: Bellissima Publishing (November 25, 2005)

Language: English

ISBN-10: 0977191680

ISBN-13: 978-0977191680

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

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

Best Sellers Rank: #959,098 in Books (See Top 100 in Books) #83 inÂ  Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #257 inÂ  Books > Sports & Outdoors > Water Sports > Swimming #608 inÂ  Books > Sports & Outdoors > Miscellaneous > Sports Psychology

## **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 physcological 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 competitor 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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Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the World's Fastest Swimmers (Swim Speed Series) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Mind Training for Swimmers Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy house training, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy house training, house ... training, puppy training guide, dog tricks) PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy house training, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness( Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Potty Training In 3 Days: Quick And Easy Guide To Potty Training

Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Workouts in a Binder for Swimmers, Triathletes, and Coaches Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series) The Waterproof Coach: The Waterproof Workout Book for Fitness Swimmers and Triathletes Developing Swimmers Swim Smooth: The Complete Coaching System for Swimmers and Triathletes Open Water Swimming Manual: An Expert's Survival Guide for Triathletes and Open Water Swimmers

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