



Smoke on the Water - A Swimmer's Guide To Developing Mental Toughness

Dr. Alan Goldberg

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Are you getting the most out of your training every day?

Do you get too nervous in races to swim your best?

Are you a mentally tough swimmer?

Do you lose to opponents you regularly out-swim in practice?

Dr. G's classic book, *Smoke On The Water* introduces the reader to the importance of training the mental side of the sport and provides concrete steps, tips and motivational stories to help you free up your "super swimmer inside."

Learn 5 Steps To Becoming A Champion,

Handle the pressure of big meets

Develop CHAMPIONSHIP concentration

Recognize and avoid the biggest mental mistake made by swimmers

Think like a WINNER

increase your self-confidence

Learn how to use mental rehearsal to prepare for big meets

Better handle pain and fatigue so you get much more out of training

Teaching stories and easy to use exercises will teach you the mental skills of CHAMPIONS!

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Cary Burgess:

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Kenneth Roberts:

A lot of people always spent their free time to vacation as well as go to the outside with them household or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book you read you can spent the entire day to reading a book. The book Smoke on the Water - A Swimmer's Guide To Developing Mental Toughness it doesn't matter what good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. When you did not have enough space to create this book you can buy often the e-book. You can m0ore quickly to read this book from your smart phone. The price is not too costly but this book has high quality.

Walter Cornwell:

Within this era which is the greater person or who has ability to do something more are more special than other. Do you want to become one of it? It is just simple way to have that. What you need to do is just spending your time little but quite enough to have a look at some books. Among the books in the top list in your reading list is actually Smoke on the Water - A Swimmer's Guide To Developing Mental Toughness. This book and that is qualified as The Hungry Hills can get you closer in becoming precious person. By looking upwards and review this reserve you can get many advantages.

Audrey Mack:

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