



## The Champion's Mind: How Great Athletes Think, Train, and Thrive

By Jim Afremow

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**The Champion's Mind: How Great Athletes Think, Train, and Thrive** By Jim Afremow

Even among the most elite performers, certain athletes stand out as a cut above the rest, able to outperform in clutch, game-deciding moments. These athletes prove that raw athletic ability doesn't necessarily translate to a superior on-field experience--it's the *mental* game that matters most.

Sports participation--from the recreational to the collegiate Division I level--is at an all-time high. While the caliber of their game may differ, athletes at every level have one thing in common: they want to excel. In *The Champion's Mind*, sports psychologist Jim Afremow, PhD, LPC, now offers the same advice he uses with Olympians, Heisman Trophy winners, and professional athletes, including:

- Tips and techniques based on high-performance psychology research, such as how to get in a "zone," thrive on a team, and stay humble
- How to progress within a sport and sustain excellence long-term
- Customizable pre-performance routines to hit full power when the gun goes off or the puck is dropped

With hundreds of useful tips, breakthrough science, and cutting-edge workouts from the world's top trainers, *The Champion's Mind* will help you shape your body to ensure a longer, healthier, happier lifetime.

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## The Champion's Mind: How Great Athletes Think, Train, and Thrive By Jim Afremow Bibliography

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### Editorial Review

#### Review

"The Champion's Mind "is loaded with great lessons, advice, and perspectives on how to be successful. The skills and strategies that Jim provides here are essential in carving a path to success, no matter what field you are in or what your goals are. I can honestly say that I have lived by many of the strategies offered in this book and I can also say I wish I had lived by more of them. But it's never too late to be as good as you can be!"--Dan Jansen, Olympic gold medalist, speed skating

"I learned early on in my professional baseball career that players at the elite level are generally pretty similar from the perspective of physical aptitude. Yet, what tends to differentiate the all-stars from the rest of the pack resides between the ears. Jim Afremow does a great job of exploring this subject in "The Champion's Mind". This is a great book for coaches and athletes of all ages who are looking to improve performance at any level, in any sport."--Shawn Green, two-time MLB All-Star

"The Champion's Mind" reveals the mental skills and strategies Olympic champions use to perform their best when it matters most. Dr. Afremow's matchless book is a must for athletes and coaches."--Shannon Miller, Olympic gold medalist, gymnastics

"The Champion's Mind" is a mental training book that will help you reach your potential in sports. I highly recommend this book to all athletes and coaches."--Jackie Slater, NFL Hall of Famer

"Dr. Afremow nails all the basics and gives readers an excellent window into how a champion's mind works before and during 'the process.'"--Randy Cross, three-time Super Bowl Champion

"I read this book with my eyes wide open and the content continued to keep them open at all times. Jim's advice and tips are very simple and easy to understand. Read only one chapter at a time and apply it to your approach to Tennis, Sports, and Life."--Nick Bollettieri, Founder/President of Nick Bollettieri IMG Tennis Academy

"The Champion's Mind "shows you how to take your game

#### About the Author

Jim Afremow, PhD, is a sports psychologist and licensed counselor at Arizona State University. He has worked closely with athletes at all levels, including pros from the MLB, NBA, WNBA, NFL, NHL, PGA Tour, and LPGA Tour, as well as business professionals, performing artists, and others in demanding careers. He lives in Phoenix.

### Users Review

#### From reader reviews:

##### Tony Edwin:

Now a day people who Living in the era exactly where everything reachable by match the internet and the resources within it can be true or not call for people to be aware of each data they get. How individuals to be smart in receiving any information nowadays? Of course the answer then is reading a book. Reading a book can help individuals out of this uncertainty Information especially this The Champion's Mind: How Great Athletes Think, Train, and Thrive book since this book offers you rich info and knowledge. Of course the knowledge in this book hundred pct guarantees there is no doubt in it you know.

##### Mike Yerkes:

Playing with family within a park, coming to see the marine world or hanging out with close friends is thing

that usually you might have done when you have spare time, subsequently why you don't try factor that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love The Champion's Mind: How Great Athletes Think, Train, and Thrive, you can enjoy both. It is fine combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout men. What? Still don't buy it, oh come on its named reading friends.

**John Ashton:**

What is your hobby? Have you heard that question when you got college students? We believe that that question was given by teacher for their students. Many kinds of hobby, Everybody has different hobby. Therefore you know that little person just like reading or as reading become their hobby. You should know that reading is very important and book as to be the matter. Book is important thing to increase you knowledge, except your personal teacher or lecturer. You see good news or update in relation to something by book. Many kinds of books that can you choose to use be your object. One of them is niagra The Champion's Mind: How Great Athletes Think, Train, and Thrive.

**Mary Chapa:**

A lot of people said that they feel bored when they reading a book. They are directly felt the item when they get a half portions of the book. You can choose the book The Champion's Mind: How Great Athletes Think, Train, and Thrive to make your reading is interesting. Your own skill of reading skill is developing when you such as reading. Try to choose straightforward book to make you enjoy you just read it and mingle the sensation about book and looking at especially. It is to be initially opinion for you to like to open up a book and study it. Beside that the publication The Champion's Mind: How Great Athletes Think, Train, and Thrive can to be your new friend when you're sense alone and confuse with what must you're doing of these time.

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