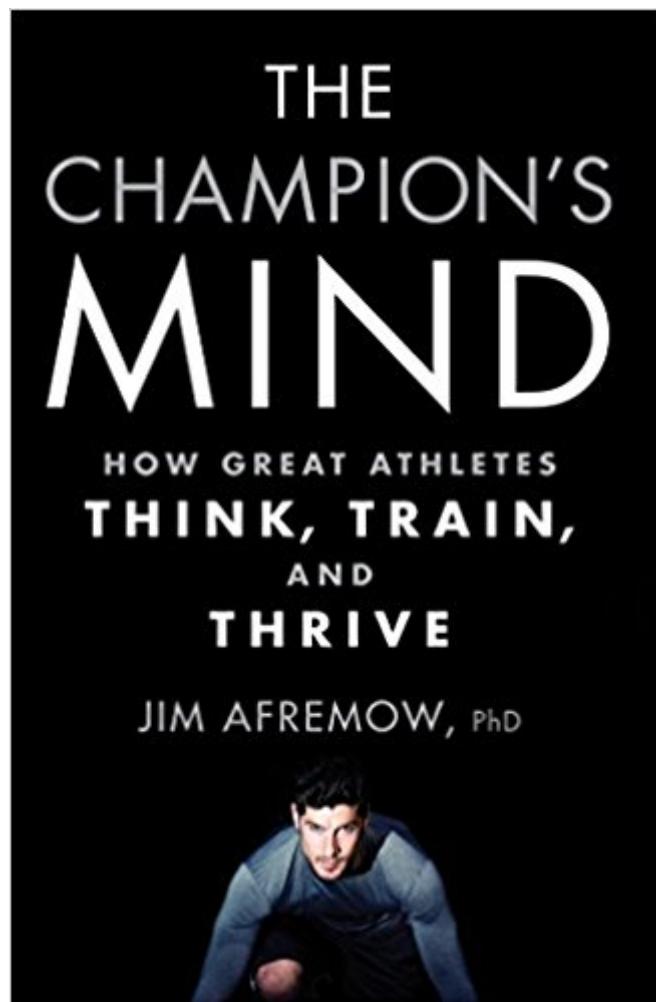


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# The Champion's Mind: How Great Athletes Think, Train, And Thrive



## Synopsis

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 games may differ, athletes at every level have one thing in common: the desire to excel. In *The Champion's Mind*, sports psychologist Jim Afremow, PhD, offers the same advice he uses with Olympians, Heisman Trophy winners, and professional athletes, including: - How to get in a "zone," thrive on a team, and stay humble - How to progress within a sport and sustain long-term excellence - 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.

## Book Information

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## Customer Reviews

""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

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.

I bought this book for my son. He tore his ACL during his junior year football season, and had no offers going into college; yet he really wanted to play football at the next level. He was facing a summer full of camps to get in front of coaches and tryout for a walk-on position at a nearby SEC school. He spent his summer training--often at 5:30 am--working around his summer job hours. He did make the SEC team, but at one of the camps he was invited to camp at an FCS school. Immediately after this school's camp, they offered him a spot and kept in touch with him throughout the application process. This school wasn't even on my son's radar, but he is now enrolled and has begun working out with the team. I'm proud of the mature decision he has made. It's an excellent school with a highly-ranked football program, and there's a great opportunity for him to contribute. I give this background because I believe this book was part of what kept him going, kept him working until the final decision was made. When he was packing up to move to his dorm, I saw him put The Champion's Mind in his workout bag. His next goal is to earn a scholarship with his team, and while he has no control over that final decision, he has complete control over leaving them no choice but

to offer it to him. I give it five stars because of my son's reaction to the book. I only had a moment to read the first chapter myself, because I wanted him to have it quickly. That first chapter contains a lot that I've already read and seen in the (too) many years I've been an athlete. However, I look forward to reading the entire book when my son comes home next summer, and I suspect that when I get further into the chapters I will find new nuggets and reminders of helpful things that I've forgotten. Bonus: I really enjoy the insights gained from following Dr. Afremow on Twitter!

Amazing Book! Recently I have been trying to find the perfect book that best fits my interests. I am currently a track and field athlete at Iowa State University, so I was trying to find a book that will give me motivation to perform better athletically. At the same time, I wanted to educate myself and learn how to be more confident and prepared while competing. Having the right mindset is essential for every athlete. Right now I would consider myself to be in a good place in my athletic career, but I am always wanting to learn how to have a strong mindset. Having the right mindset is one of the most important and necessary things that an athlete must have. Without this, the athlete might not be able to achieve to his or her greatest capacity. Quality of a positive mindset As a Division 1 athlete, having the right mindset helps me not only to compete better and stay relaxed, but also helps me to enjoy and appreciate my competitions more. Often athletes are too worried about thinking how they can improve physically; for example, how they can run/jump better, what they can do different to achieve certain objectives. However, they are forgetting on how to improve their mindset. Having a positive mindset is what athletes often miss. This book has helped me learn how to set specific goals. Goals don't have to be too easy nor too hard; they must be realistic and achievable. Trying to accomplish those specific goals has allowed me to stay focused and concentrated on my game. It has also taught me that when competing I must stay relaxed, so in this way emotions do not affect my athletic performance. Importance of reading a book Reading, no matter what its content, is going to influence our lives in a positive way. For example, it is like how exercising transforms our body, reading good content to help us transform our mind by finding a perfect balance in our emotional development. I would definitely recommend this book. It helps athletes to stay focused and relaxed and teaches them to enjoy every part of the game. Being able to know that Olympic athletes and/or professional athletes operate in this way, helps to understand that having the right mental game is what matters the most. Price The price of this book is very affordable. I paid \$8.49 for the hardcover. The seller also offers Kindle. But, I honestly think that the price does not matter when it's a valuable book.

The greatest. From my experience in reading books of this kind (sports psychology, mental training, etc.) this is the greatest one. Specifically for practical real-life application. The information is useful and potent that it's the kind I would not just share with the average person for motivation. I would only give it to people who are serious about becoming a champion. If that's you, I would highly recommend this book.

This book deserved every star. It was well written, clear and concise. The inclusion of gold medalist perspective as well as encouraging the reader to apply different developing skills makes it a must read for athletes everywhere. The only caveat I had was with the book but narration, so if you listen to this book prepared for the acronyms to feel out of place while being read.

This is a really excellent book. I listened to it on audio, and loved it. Then I bought the hard copy, as well. It's inspirational.

Well written book that shows the hard work and performance behind great athletes. Many people become mystified by such sports figures...this book opens the curtain to us laymen. Thank you Dr. Afremow

Solid book. Very motivating with lots of gems. I wouldn't say there is anything ground-breaking in it, I use the book as a chapter a day to meditate and focus on a key concept to start each day.

This book is a fantastic read when you need motivation, but also includes practical activities to improve your mindset when you need it. And believe me: you always need it.

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