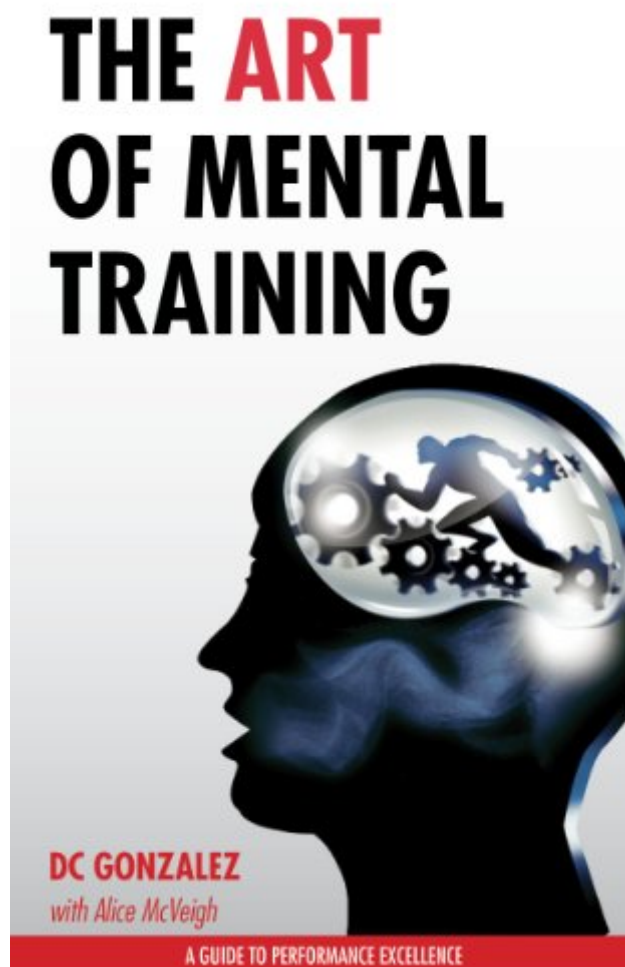


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# The Art Of Mental Training - A Guide To Performance Excellence



## Synopsis

Achieve the Champion Mindset for Peak Performance with this Best-Seller Reach New Levels of Success and Mental Toughness with this Ultimate Guide Learn the "Science of Success" - Step by Step - and Prepare to Excel In this concise and highly acclaimed success mental training guide, peak performance coach DC Gonzalez teaches a blend of unique mental training technologies, sports psychology essentials, and peak performance methods that are effective and motivational. Get ready to increase your self-belief, self-confidence, and mental toughness, using this powerful guide designed to help you reach new levels of success, sports performance, and personal development. An easy read, this Kindle book is truly a guide to performance excellence written by an expert and a very unique teacher. Peak Performance Coach DC Gonzalez is among a very fortunate few who have had the unique experience to have learned from the late P.C. Siegel, a world-renowned sports and peak performance authority, sports hypnotherapist, and Neuro Linguistics Programming Master Practitioner. With a client list that includes top athletes, executives, actors, entertainers, pro-fighters, musicians, soldiers, doctors, lawyers, psychologists, and many more; Dan has been leading people to new levels of achievement since 1988. This Kindle book is powerful, in it Dan explains, teaches, and helps you develop the psychological skills required for peak performance and mental toughness, while pointing out the underlying mental training strategies that will help anyone reach higher levels of achievement and performance - not by random chance, but by focused choice. The Art of Mental Training teaches the critical essentials while interwoven with stories from his fascinating background as an Aviator in the Navy, a Federal Agent, Military Cyber-Security Specialist, Brazilian Jiu-Jitsu Black Belt and a Peak Performance Coach. Dan creates a powerful teaching connection between his adrenaline-filled life experiences and the mental skills and mental training that make all the difference.

- Learn to access your true potential, control your state and excel even under extreme pressure
- Enhance performance by transforming the negative energy generated by nervousness and fear into shatterproof confidence
- Improve focus and concentration for positive results - often instantly - with battle-tested mental training techniques
- Learn the psychological factors that will help you view set-backs as opportunities to create lasting positive change
- Enhance visualization techniques and learn to create success imagery that will generate powerful results
- Understand what to practice and which success conditioning exercises will vastly improve your self-belief, self-confidence and performance
- Gain insight in to the coaching psychology behind redirecting anger energy and using it to strengthen your resolve and remain in control
- Use proven sport psychology techniques to leave your ego outside your event and avoid performance choking

completelyâ € Learn to create the Ideal Performance State usingÂ Neuro Linguistics Programming and â œThe Critical Threeâ •â € Get rid of limiting beliefs and the negative critic in your head once and for allâ € Achieve the champion mindset and gain the mental edge over your opponents or the situation - on demandâ € Learn how to find the place from which peak performance springs forthThe lessons and techniques presented in this book are essential reading for anyone seeking more success and peak performance, whether it be on the playing field, in business, or life in general. Whatever your personal endeavor may be, whatever challenges you may be facing; these lessons will prepare you to move forward and to excel in a powerful way. Reach new levels of personal success and achievements as you learn, practice, and apply these powerful concepts and techniques.

## **Book Information**

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## **Customer Reviews**

If you're like most people, chances are that you struggle to improve your life and yourself. Learning how to navigate the world around us can be difficult and sometimes, to be honest, we need a little help. That's where The Art of Mental Training Comes In. Filled with vivid stories and poignant imagery, this book offers an encouraging look at how you can become better at whatever it is that

you love. Sometimes we all need a boost to get going, to find out way around, and to discover the inner motivation that it takes to become a truly better person. Each chapter starts with a story that will give you an idea and an understanding of what someone else went through. If you love to learn from storytelling, rather than feeling like a self-help book is yelling at you, this is the book for you. I actually really liked the way the book was set up because it feels like you're receiving advice from an old friend who really cares about you. After the story, you'll learn how an idea or a process can apply to your own personal life. The chapters will close with a few words of wisdom. I would recommend this book for anyone who wants to: Improve their self-image Increase their self-confidence Discover how to improve their lives

This book is like a high-octane Tony Robbins seminar with the added bonus of not having to watch a guy who looks like Herman Munster on a caffeine rush. The motivational wisdom in this book is precisely the "kick in the pants" I needed to get me refocused on my goals after already falling victim to a failed New Year's resolution. While the book may initially seem more geared toward sports psychology for athletes, a closer examination reveals that the author uses a myriad of empowering techniques that can be applied to practical life situations as well. Sports psychology is merely one of the many techniques that he draws his insight from. I also like the way that the author introduces himself and his background to create a cohesive and engaging story rather than just spouting motivational rhetoric. His story highlights and defines his qualifications and gives the reader a sense of familiarity and trust by the end. I actually don't read many self-help/motivational books, but I'm really glad I decided to give this one a shot. I actually believe that some of the techniques contained in these pages are helping me to redirect my negative thoughts to the path of the "Mental Warrior". While I can't swear to it, some of this advice may have directly contributed to my winning a chess game against an opponent that I normally don't beat at my weekend chess club. Whether it was the mental strengthening techniques in this book, or a simple case of karma doing its duty, it sure did feel good to wipe that arrogant sneer off my opponent's pompous face with a sweetly intoned, "Checkmate!"

Gonzalez's is clearly very passionate about his writing as this is reflected in *The Art of Mental Training*. This book teaches us how to eliminate the loser mentally and become a champion by controlling our mental state and limiting beliefs. Packed full of practical tips and advice ready to be implemented. Recommended reading!

As a former college athlete (and now a lawyer who does battle in the courtroom rather than the sports field), I know how important mindset is in basically any adversarial endeavor. DC Gonzalez has given us a great sports psychology book, but I also love that the concepts and techniques set forth in this book are applicable in everyday life, not just in athletic training. This book is for people who are serious about getting in the right mindset to be disciplined, motivated, and productive. It presents a powerful and important message for anyone, from the serious athlete to the ambitious businessperson to the experienced trial lawyer. The author writes in a way that is clear, easy to understand, engaging, and very inspiring. It is intuitive that our mental and emotional states affect the way we live our lives, but sometimes it's not clear how to harness the power of our minds, and this book tells us how to do just that. Highly recommended!

I am always in search of new information and techniques to grow as a person and when I saw this I simply knew I had to read it although this was my first experience with the author's work. Each chapter is a short story which presents a powerful truth. The truth is helpfully clarified and repeated at the end of each chapter as a "Remember" item. Although most of the stories focus on sports and sports performance the truths presented are universal and can be applied to anyone anywhere. One of my favorites was "Once you really make the commitment to work hard at becoming a champion, something powerful is set in motion - heart power.". This volume is on the shorter side, but that does not take away from the information presented. In fact, it actually adds to the experience by keeping you laser focused on the material so you can maximize your reading time. The friendly feel to the writing, as well as the benevolent master in the form of Leo-tai, favorably reminded me of Dan Millman's *Way of the Peaceful Warrior*. Both books focus on how to make yourself the very best that you can possibly be. Having read both, I actually prefer this book as it is more user friendly and accessible. Whether you are looking to increase your performance level in sports or any other activity this is an excellent book which provides an actionable plan to get you where you want to be. I highly recommend it!

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