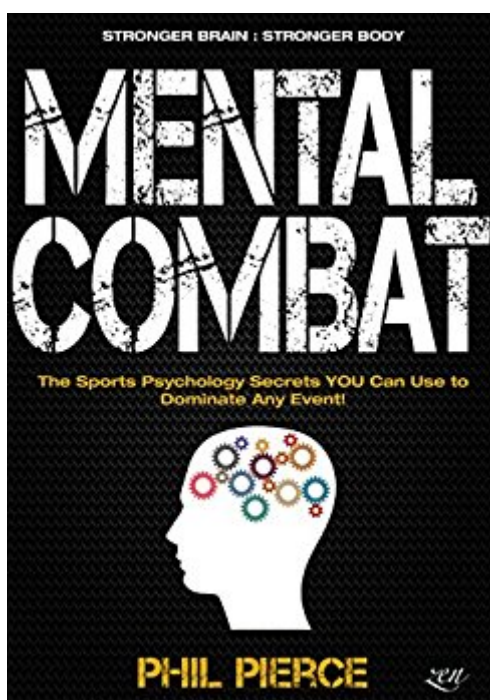


The book was found

Mental Combat: The Sports Psychology Secrets You Can Use To Dominate Any Event! (Martial Arts, Fitness, Boxing And MMA Performance)



Synopsis

Finally! An easy way to use the science of Sports Psychology to Skyrocket Your Performance! The No.1 Bestseller - get your copy now! You may already know that Pro Athletes use the power of Sports Psychology to boost motivation, manage nerves and become top performers. The problem is that many of these techniques are kept secret and other guides are heavy and full of jargon. So how can you use the simple power of Sports Psychology techniques to revolutionize your performance today? Clearly you need more than just a system, you need the right kind of system. Not just the science behind mental strength but a super-simple, step-by-step guide to unlocking the power of your brain. As a bestselling author, martial arts and fitness coach, I've been lucky enough to work with some of the best experts around the world. With input from top instructors and researchers I discovered easy tactics that can be effortlessly used by everyone. From fitness fans, runners and gym athletes to combat styles like boxing, MMA, and martial arts. Even the busy office worker can dominate any competitive or stressful event in minutes! This is "Mental Combat" ... and once applied to your training it quickly revolutionizes performance " every time! What Is Mental Combat? Mental Combat is a simple, easy set of tactics for unlocking the full power of your brain and body. Moreover, it gives you the proven scientific benefits of Sports Psychology without needing to understand the complex history and theories. Whilst traditional guides can be heavy and difficult to follow, Mental Combat is a simple, tactical approach. Perfect for martial artists, fitness fans, gym enthusiasts and even the busy office worker! Stressful, nerve-wracking events become a walk in the park when transformed using the right techniques. A busy and cluttered mind becomes laser focused. Would you like to know the quickest and easiest way to experience the incredible benefits of mental training? The Easy New Way To Get Started with Mental Training Inside "Mental Combat" • you'll discover | How to "psych-out" • an opponent. "Mind Hacks" • for instant, rock-solid confidence and cool. Powerful motivation and concentration skills. Revealed: the body position to banish nerves quickly and easily. The truth behind meditation. (and why it's easier than you think). How to unlock the power of your brain for any event. The secret to managing victory, like a pro. The secret to handling defeat | and coming back stronger. How you can use Sports Psychology tactics even if you don't do sports! And much more! Want To See For Yourself How Mental Combat Can Transform Your Performance? Click and grab your copy of Mental Combat now to see you've been missing! To say thanks for checking out this book you can claim your free guide: "3 Steps to Explosive Power" • FREE from my website. Just visit: www.BlackBeltFit.com Tags: Martial Arts, Sports Psychology, Mental Toughness, Mental Training.

Book Information

File Size: 997 KB

Print Length: 176 pages

Publication Date: July 23, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B012GWDG9G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #20,931 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Martial Arts #3 in Kindle eBooks > Sports & Outdoors > Individual Sports > Mixed Martial Arts #7 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Miscellaneous > Sports Psychology

Customer Reviews

Mental Combat: The Sports Psychology Secrets written by Phil Pierce is an examination of preparing ones mind to enable the body to perform well . The primary emphasis is on sports competition such as Martial arts . The author is a lifelong martial artist and has written books on self defense and there is helpful advice on training your brain so your body will perform better. There are quick fixes for nerves, adrenaline rushes, panic attacks before, during and after events. Each chapter is preceded by a quote from a famous individual that helps explain the following chapter. There is a lot of information on Sports Psychology, its origins and use by ancient Greeks, Germans, Russians and people of today. Reading this book will be an aid to a competitive athlete but it also can be helpful to anyone experiencing stress, anxiety or difficulties in life as they can apply the principles and practices contained in this book and achieve happiness and success.

Recommended.

Very easy to read and powerful effective techniques. I am a plant based guy with lot of interest in youga, meditation, mind hacks, productivity improvements and this book is wonderful and ties everything to sports psychology. If you are trying to up your game to next level, the book has

wonderful techniques. Of course any book is only as good as how you implement things. I am just quoting couple of small paragraphs from the book. Sports psychology stimulates the mental combat training needed to change your attitude, conquer stress and sharpen your internal processing. The only way to do this is by determining what thoughts or beliefs are holding you back and replacing them with healthy techniques and philosophies. The benefits of this process are endless. Try meditation. Meditation quiets your mind, allowing your brain to focus on restorative processes. With regular practice, meditation can help your brain learn to shut out certain emotions such as pain or anxiety. This means more of your attention stays on your opponent and what you are. I love the emphasis on meditation and mindfulness. That was enough to believe the book!

So far, so good. I went through the book underlining suggestions. We'll see if they pay off when I go to the North American Cup in Baltimore. I do wish he had a few more footnotes to back up his facts about sport psychology, but I tend to believe him.

This is a simple and straight forward book that provides nice tips and tricks for mental training. If you are serious about mental training, and you practice what this book provides, it will make a difference in your mental state. I continue to use all the tips and tricks on a daily basis. It works!

Helping me already.

Easy to understand and simple to incorporate into your training

I like this book as it follows the journey an athlete takes in competition. I'd suggest this to anyone who wants to know anything about sports psychology and how to train psychological skills

If you are into a competitive martial arts, then this book is for you.

[Download to continue reading...](#)

Mental Combat: The Sports Psychology Secrets You Can Use to Dominate Any Event! (Martial Arts, Fitness, Boxing and MMA Performance) Mental Combat: The Sports Psychology Secrets You Can Use to Dominate Any Event! MMA Training: The Ultimate Beginners Guide To Mixed Martial Arts (Including Drills & Tactics) (MMA, Martial Arts, Self Defense, BJJ) Speed Training for Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed Power Training: For Combat, MMA, Boxing,

Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Boxing WOD Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss The 10 Best Power Punches for Boxing, Martial Arts, MMA and Self-Defense (The 10 Best Series Book 6) STING LIKE A MOTH FäM BEE- Shawn Kunkler, author of the worldäM's most (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage Martial Arts for the Mind: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Women: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Children: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) The MMA Psychology Workbook: How to Use Advanced Sports Psychology to Succeed in the Octagon Event Planning: Management & Marketing For Successful Events: Become an event planning pro & create a successful event series Splits: Stretching: Flexibility - Martial Arts, Ballet, Dance & Gymnastics Secrets To Do Splits - Without Leg Stretching Machines or Cables (Splits, Stretchers, ... Leg Stretching Machine, Cables, MMA Book 0) MMA WOD - Combinations: The Seven Deadly Boxing Combinations - And How To Use Them Parting the Clouds - The Science of the Martial Arts: A FighteräM's Guide to the Physics of Punching and Kicking for Karate, Taekwondo, Kung Fu and the Mixed Martial Arts Strike Hard Strike Fast: A No B.S. Beginner's Guide to the Sweet Science of Boxing (Boxing, Fitness, Cardio, Health, Sport) Martial Arts for People with Disabilities (Martial and Fighting Arts) Martial Arts for Athletic Conditioning (Martial and Fighting Arts)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)