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~~Champion's Mind, The: How  
Great Athletes Think, Train,  
and ...~~

"The Champion's Mind reveals

the mental skills and

strategies Olympic champions

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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."

~~The Champion's Mind: How Great Athletes Think, Train, and ...~~

The Champions Mind (How Great Athletes Think, Train, and Thrive) by Jim Afremow, is an inspirational, all around great book. I have

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always focused on the physical side of my game, and this book has taught me just how important the mental side is as well. I recently tore my ACL, and was given this book by a family friend.

~~The Champion's Mind: How Great Athletes Think, Train, and ...~~

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

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and sustain long-term excellence; Customizable pre-performance routines to hit full power when the gun goes off or the puck is dropped.

~~The Champion's Mind by Jim  
Afremow | Waterstones~~

The Champion's Mind: How Great Athletes Think, Train, and Thrive. Author: Jim Afremow. Amazon links: Print | Kindle | Audiobook. The Champion's Mind is a very useful book for every young athlete. Although I'm not an athlete, I found it extremely helpful when to implement the lessons and techniques in the book to my regular training.

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~~Book Summary: The Champion's  
Mind by Jim Afremow, PhD~~  
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, and customizable pre-  
performance routines to hit  
full power when the gun goes  
off or the puck is dropped.



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~~The Champion's Mind by Jim  
Afremow | Audiobook |  
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“The Champion’s Mind PDF  
Summary” Almost every kid  
dream of becoming an  
athlete; a person who can  
take that three-pointer in  
the decisive moments of the  
game or run towards the  
goal. Anyway, being an elite  
performer who catches the  
eye of everyone present,  
takes more than just a wish.

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Summary — Jim Afremow |  
12min Blog~~

“The Champion's Mind reveals  
the mental skills and  
strategies Olympic champions  
use to perform their best

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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."

~~The Champion's Mind: How Great Athletes Think, Train, and ...~~

I have been working on my mental training for two years and have read a half dozen books on the topic. The Champion's Mind is at the bottom of the list. I

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first intended to read it was to read a section a day, like a calendar with topic or quote, and would read the book this way.

~~Amazon.com: The Champion's  
Mind: How Great Athletes  
Think ...~~

The Champion's Mind: How Great Athletes Think, Train, and Thrive by Jim Afremow Ph.D. Success isn't just about raw ability, it's also how you prepare and step up to challenges, how you handle the mental side of the equation is just as important.

~~5 of the Best Books On  
Mental Toughness That You~~

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## ~~Must Read~~

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—its the mental game that matters most. <b...

## ~~The Champion's Mind on Apple Books~~

“ 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

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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’.”

~~The Champion's Mind by Jim  
Afremow: 9781623365622 ...~~

“The vision of a champion is  
someone who is bent over,  
drenched in sweat, at the  
point of exhaustion when no  
one else is watching.” – Jim  
Afremow, *The Champion's  
Mind: How Great Athletes  
Think, Train, and Thrive* 6  
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~~The Champion's Mind Quotes  
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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

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highly praised The  
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athletes strive to balance  
their school and sports  
accomplishments, Dr.  
Afremow's sage advice will  
be a much-needed guide in  
helping them navigate the

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field--or rink or court.

~~The Young Champion's Mind :~~

~~Jim Afremow — Book~~

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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.

~~The Champion's Mind, How Great Athletes Think, Train, and ...~~

Published on May 4, 2017 Dr. Mike reviews the book, The Champion's Mind by Jim Afremow, PhD. The video



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explores what it means to be a champion in the game of life. Find out what it means to "become...

## ~~The Champion's Mind, Book Review~~

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