



# Sport Hypnosis

*Donald Liggett*

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Harness the power of your own mind! Hypnosis is now a mainstream, modern training technique used by top professionals; it's not the submissive state that has been portrayed in movies and misunderstood by the public. It can help you sharpen your mental focus, relax your body, visualize success, stimulate healing, and control your emotions during training or when facing important competitions.

The positive effects are similar to what sport psychologists, coaches, and athletes refer to when they talk about "getting in the zone." In this state of mental functioning you channel attention and energies fully toward the task at hand. *Sport Hypnosis* is a guide to that special psychological realm and the higher performance athletes aspire to.

First, *Sport Hypnosis* presents an overview of mental training and hypnosis. Next, the book provides specific information on how you can use hypnosis to enhance a variety of mental skills. These skills include relaxation, imagery, goal setting, concentration, easing pain, and increasing inner strength. Finally, because athletes rarely focus on one skill at a time, *Sport Hypnosis* describes in detail how coaches and athletes can apply and combine different hypnotic techniques. Five case studies explain how athletes improved several aspects of their performance through hypnosis. You'll read how hypnosis helped a soccer player eliminate a long-standing, debilitating hamstring pain and how a basketball player achieved a higher free-throw percentage.

Author Dr. Don Liggett presents the hypnosis techniques that he has applied effectively with athletes in many different sports. You can adopt these techniques readily to your own training and competitions. If you're looking for a way to improve the mental side of your performance equation, *Sport Hypnosis* just may be the edge you need to become a champion.

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