



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

Jim Afremow

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Even amongst 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 game may differ, athletes at every level have one thing in common: they want to *excel*. 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
- Customizable pre-performance routines to hit full power when the gun goes off or the puck is dropped

The Champion's Mind distills actionable advice into clear and concise steps for athletes looking to find confidence, concentration, and mental preparedness—the mental edge that sets champions apart.

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