



Head Games: The Mental Advantage for Baseball Excellence : Spiral

Walter Herbison

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The author is a sports performance consultant known as "The Head Man" for his talent at reaching into players minds and bringing out the best in their abilities. There are chapters devoted specifically to techniques for improving pitching, hitting, base running and fielding. New chapters in this revised edition include: Application in Academics, Notes to Parents and Coaches, and Handling Sports Injuries. Includes motivational audio CD. Hundreds of athletes from youth leagues through the Major Leagues have used this book with great success. Using the simple mental techniques outlined in this book, many have not only turned their game around, but also their lives. "On my 1-10 point scale for books, this is definitely a 10 - the highest I have ever given a book...it is a masterpiece of writing which all coaches, players, parents and fans should read," said Lou Paviovich, Jr. Editor/COLLEGIATE BASEBALL

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