

## Mental Combat The Sports Psychology Secrets You Can Use To Dominate Any Event Martial Arts Fitness Boxing Mma Etc

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### **Mental Combat: The Sports Psychology Secrets You Can Use ...**

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### **Amazon.com: Mental Combat: The Sports Psychology Secrets ...**

MENTAL COMBAT is an exceptional audiobook on sports psychology and performance. Whether you're in a competition or not, there are some good practical skills to be learned here. Staying focused and positive is key to being successful.

### **Mental Combat: The Sports Psychology Secrets You Can Use ...**

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### **Amazon.com: Mental Combat: The Sports Psychology Secrets ...**

5.0 out of 5 starsThe Mind and the Body. Reviewed in the United States on August 2, 2015. 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.

### **Amazon.com: Customer reviews: Mental Combat: The Sports ...**

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### **Mental Combat: The Sports Psychology Secrets You Can Use ...**

1. To understand basic psychological principles concerning stress, coping, emotion, and emotion regulation, and their impact and influence on combat sports such as judo 2.

### **(PDF) Sport Psychology in Combat Sports - ResearchGate**

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### **Mental Combat by Phil Pierce | Audiobook | Audible.com**

Anticipation is like prediction. It relies on your ability determine what it about to happen. It is also a sport-specific perceptual skill. In combat sports, your defensive expertise depends on how well you anticipate what you opponent is going to do; how wisely you choose the best response; and how well – and how quickly - you execute the action.

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