

PDF | The Art of Mental Training - A Guide to Performance Excellence

by DC Gonzalez

THE ART OF MENTAL TRAINING



DC GONZALEZ
with Alice McVeigh

A GUIDE TO PERFORMANCE EXCELLENCE

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Achieve the Champion Mindset for Peak Performance with this Amazon Best-Seller

Reach New Levels of Success and Mental Toughness with this Ultimate Guide

Learn the "Science of Success" - Step by Step - and Prepare to Excel

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In this concise and highly acclaimed success mental training guide, peak performance coach DC Gonzalez teaches a blend of unique mental training technologies, sports psychology essentials, and peak performance methods that are effective and motivational. Get ready to increase your self-belief, self-confidence, and mental toughness, using this powerful guide designed to help you reach new levels of success, sports performance, and personal development.

An easy read, this Kindle book is truly a guide to performance excellence written by an expert and a very unique teacher. Peak Performance Coach DC Gonzalez is among a very fortunate few who have had the unique experience to have learned from the late P.C. Siegel, a world-renowned sports and peak performance authority, sports hypnotherapist, and Neuro Linguistics Programming Master Practitioner.

With a client list that includes top athletes, executives, actors, entertainers, pro-fighters, musicians, soldiers, doctors, lawyers, psychologists, and many more; Dan has been leading people to new levels of achievement since

1988.

This Kindle book is powerful, in it Dan explains, teaches, and helps you develop the psychological skills required for peak performance and mental toughness, while pointing out the underlying mental training strategies that will help anyone reach higher levels of achievement and performance - not by random chance, but by focused choice.

The Art of Mental Training teaches the critical essentials while interwoven with stories from his fascinating background as an Aviator in the Navy, a Federal Agent, Military Cyber-Security Specialist, Brazilian Jiu-Jitsu Black Belt and a Peak Performance Coach. Dan creates a powerful teaching connection between his adrenaline-filled life experiences and the mental skills and mental training that make all the difference.

- Learn to access your true potential, control your state and excel even under extreme pressure
- Enhance performance by transforming the negative energy generated by nervousness and fear into shatterproof confidence
- Improve focus and concentration for positive results – often instantly – with battle-tested mental training techniques
- Learn the psychological factors that will help you view set-backs as opportunities to create lasting positive change
- Enhance visualization techniques and learn to create success imagery that will generate powerful results
- Understand what to practice and which success conditioning exercises will vastly improve your self-belief, self-confidence and performance
- Gain insight in to the coaching psychology behind redirecting anger energy and using it to strengthen your resolve and remain in control
- Use proven sport psychology techniques to leave your ego outside your event and avoid performance choking completely
- Learn to create the Ideal Performance State using Neuro Linguistics Programming and “The Critical Three”
- Get rid of limiting beliefs and the negative critic in your head once and for all
- Achieve the champion mindset and gain the mental edge over your opponents or the situation - on demand
- Learn how to find the place from which peak performance springs forth

The lessons and techniques presented in this book are essential reading for anyone seeking more success and peak performance, whether it be on the playing field, in business, or life in general. Whatever your personal endeavor may be, whatever challenges you may be facing; these lessons will prepare you to move forward and to excel in a powerful way.



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