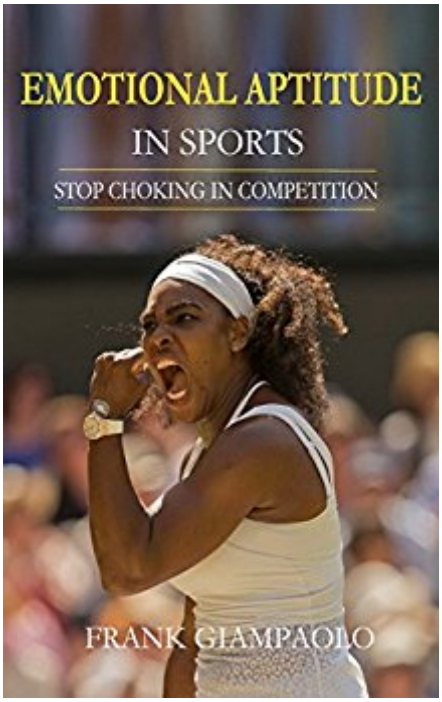
Ebook Directory
the best source of ebook

The book was found

Emotional Aptitude In Sports: Stop Choking In Competition



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

In the world of high performance sports, successful athletes need both customized hardware (Mechanics & Athleticism) as well as pre-set software (Mental & Emotional) skills to thrive in competition. Emotional Aptitude in Sports takes a deeper look into the emotional dominance every athlete seeks. Under developed emotional skill sets impede athletic progression, regardless of technical, mental or athletic skill sets. This book is an Ã¢â ¬Å“In the trenchesÃ¢â ¬Â• guide to achieving the internal calmness during the heat of battle thatÃ¢â ¬â„¢s found inside champions.

Book Information

File Size: 566 KB

Print Length: 91 pages

Simultaneous Device Usage: Unlimited

Publisher: Frank Giampaolo; 1 edition (December 1, 2016)

Publication Date: December 1, 2016

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B01MTT2ZVC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #677,331 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #72 inÃ Â Books > Sports & Outdoors > Coaching > Tennis #136 inÃ Â Kindle Store > Kindle eBooks > Nonfiction > Sports > Racket Sports > Tennis #370 inÃ Â Books > Sports & Outdoors > Individual Sports > Tennis

Customer Reviews

If you have ever wondered why your child doesn't get the right type of attention that they need, then you will understand why this author/coach is the best at understanding you and your child! I often wondered if there was the right type of training for my child and couldn't find the answer, until I stumbled upon Frank Giampaolo's books. Then everything was clear, I was raising athletic royalty and that was different than what everyone was offering. I have devoured every one of his books, it

made me feel sane! I knew it, I wasn’t wrong about her! She has been happy every since we discovered this man!

Frank is a hero of mine and a champion of Athlete Centered Coaching. His ability to bring contrasting stories to life gives valuable insights into the emotional intelligence of players. It’s a must read to understand more about developing this important factor in all success.

More great insight from Frank on competitive player development. A very valuable resource for all players & parents on their tennis journeys.

I am an adult league and tournament player. I wanted some advice on how to improve my performance in matches. The title of this book seemed like a perfect fit. However, most of the advice is like this: "Coaches and parents shouldn’t tell the student the problem. They should ASK the student "What is the problem? What is the solution?" ". This doesn’t help me, the player, at all.

What I especially like is that you formulate Mental Aptitude as a trainable ability & start to raise awareness of the very nature of it. I think that mental abilities in regard to tennis has become a mystified force because we havenÃƒÂ¢Ã â ¬Ã â„¢t got a shared language about what mental abilities are, which ones are important, how we start to practice the abilities on a daily basis & I think that is exactly what you have done with this book

Frank’s "fixed mindset" versus "growth mindset" provides an insight into the impact of self-concept as it relates to success. He provides important ideas for promoting emotional strength.

This is a really good read for parents of junior tennis players. highly recommended !!!!

Worst book I ever read. It will teach you almost nothing about tennis.If you want to read a real book the go read brad gilberts book or inner game. Not some fancy writer who doesn’t know half a percent what the pros do in tennis.Dont waste your money.

Download to continue reading...

Emotional Aptitude in Sports: Stop Choking in Competition Emotional Intelligence: Why You’re Smarter But They Are More Successful(Emotional intelligence leadership,Emotional Quotient,emotional intelligence depression,emotional intelligence workbook) Master The Mechanical

Aptitude and Spatial Relations Test (Mechanical Aptitude and Spatial Relations Tests) Barron's Mechanical Aptitude and Spatial Relations Test, 3rd Edition (Barron's Mechanical Aptitude & Spatial Relations Test) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Emotional Intelligence: 3 Manuscripts - Emotional Intelligence Definitive Guide, Mastery, Complete Step by Step Guide (Social Engineering, Leadership, ... (Emotional Intelligence Series Book 4) The Detrimental Effects of Emotional Abuse: How Emotional Abuse and Emotional Elder Abuse Destroy Us All Bikini Competition: Ultimate Bikini Competition Diet Cookbook! - Bikini Competitors Guide With Carb Cycling And Clean Eating Recipes To Prepare And Win ... Low Carb, Paleo Diet, Atkins Diet) Day-to-Day Competition Law: A Pratical Guide for Businesses (Competition Law/Droit de la concurrence) The Global Limits of Competition Law (Global Competition Law and Economics) Winners Competition Series V.4: Award-Winning, 90-Second Comic Scenes Ages 13-18 (Winners' Competition - Young Actors Series) The Choking Doberman: And Other Urban Legends Choking Doberman: And Other New Urban Legends Seablindness: How Political Neglect Is Choking American Seapower and What to Do About It Skateboarding: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Football: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Hockey: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Acupressure for Emotional Healing: A Self-Care Guide for Trauma, Stress, & Common Emotional Imbalances Emotional Eating Books: 10 steps to control emotional eating & lose weight (NLP) Emotional Intelligence: The Top Secret to Using Emotional Intelligence to Get the Most Out of Your Life

Contact Us

DMCA

Privacy

FAQ & Help