



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

By Jim Afremow

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**The Champion's Mind: How Great Athletes Think, Train, and Thrive** By Jim Afremow

Even among 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

With hundreds of useful tips, breakthrough science, and cutting-edge workouts from the world's top trainers, *The Champion's Mind* will help you shape your body to ensure a longer, healthier, happier lifetime.

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## The Champion's Mind: How Great Athletes Think, Train, and Thrive By Jim Afremow Bibliography

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### **Editorial Review**

#### **Review**

""The Champion's Mind "is loaded with great lessons, advice, and perspectives on how to be successful. The skills and strategies that Jim provides here are essential in carving a path to success, no matter what field you are in or what your goals are. I can honestly say that I have lived by many of the strategies offered in this book and I can also say I wish I had lived by more of them. But it's never too late to be as good as you can be!"--Dan Jansen, Olympic gold medalist, speed skating

"I learned early on in my professional baseball career that players at the elite level are generally pretty similar from the perspective of physical aptitude. Yet, what tends to differentiate the all-stars from the rest of the pack resides between the ears. Jim Afremow does a great job of exploring this subject in "The Champion's Mind". This is a great book for coaches and athletes of all ages who are looking to improve performance at any level, in any sport."--Shawn Green, two-time MLB All-Star

""The Champion's Mind" reveals the mental skills and strategies Olympic champions use to perform their best when it matters most. Dr. Afremow's matchless book is a must for athletes and coaches."--Shannon Miller, Olympic gold medalist, gymnastics

""The Champion's Mind" is a mental training book that will help you reach your potential in sports. I highly recommend this book to all athletes and coaches."--Jackie Slater, NFL Hall of Famer

"Dr. Afremow nails all the basics and gives readers an excellent window into how a champion's mind works before and during 'the process.'"--Randy Cross, three-time Super Bowl Champion

"I read this book with my eyes wide open and the content continued to keep them open at all times. Jim's advice and tips are very simple and easy to understand. Read only one chapter at a time and apply it to your approach to Tennis, Sports, and Life."--Nick Bollettieri, Founder/President of Nick Bollettieri IMG Tennis Academy

""The Champion's Mind "shows you how to take your game

#### **About the Author**

Jim Afremow, PhD, is a sports psychologist and licensed counselor at Arizona State University. He has worked closely with athletes at all levels, including pros from the MLB, NBA, WNBA, NFL, NHL, PGA Tour, and LPGA Tour, as well as business professionals, performing artists, and others in demanding careers. He lives in Phoenix.

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#### **Willard Sarvis:**

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**James Jones:**

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