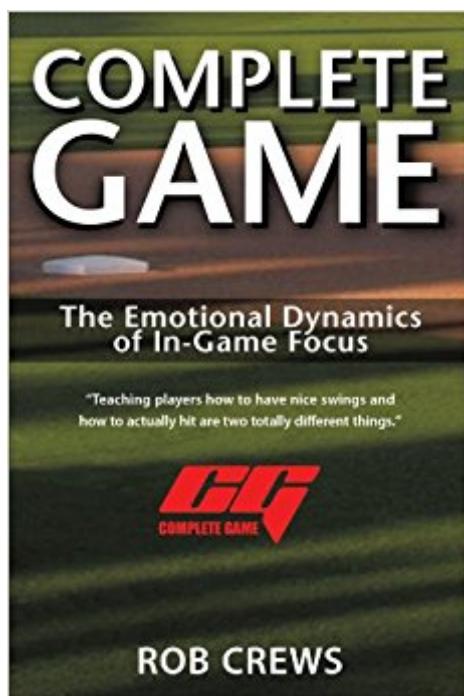


The book was found

Complete Game: The Emotional Dynamics Of In-Game Focus



Synopsis

Many coaches and athletes will say the game is 80% mental but never spend enough time developing this part of their game. Is it because we don't know how? Or do we love to ignore those things we aren't good at? In sports and competition, mind activity and physical activity occur at the same time. When it is time to perform, we cannot get caught up into whatever emotions are going to distract us from achieving our Full Genetic Potential. So if your mental game is not up to par, then your entire game is really incomplete. Can thoughts really be controlled? Can emotions really be managed? Thoughts cannot be controlled, and neither can our emotions. But the manifestations of our emotions can be controlled. I understand that this is not possible for everyone. That is why there are only a few athletes who are capable of attaining this ultimate level of focus. And as I think back to certain players that I have trained over the years, I realized that the one's with the better mental skills were more consistent. Does your emotions control you or do you control your emotions?

Book Information

Paperback: 90 pages

Publisher: iUniverse, Inc. (July 20, 2007)

Language: English

ISBN-10: 0595432360

ISBN-13: 978-0595432363

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,764,986 in Books (See Top 100 in Books) #21 in Books > Teens > Sports & Outdoors > Baseball & Softball

Customer Reviews

ROB CREWS Clinical Instructor, Motivational Speaker, Author Rob Crews is a native of New Rochelle, New York. Rob played baseball at Mansfield State University in Pennsylvania and Mercy College in Dobbs Ferry, NY. He is currently the National Softball Hitting Coordinator for the Frozen Ropes Training Centers and the co-owner of Frozen Ropes’ White Plains, NY location. His teaching skills and results with athletes from the youth to the professional levels, has earned him the respect of coaches and players across the U.S. and abroad.

Well written book for softball players. It's to the point and clear, and a good read for anyone looking

to play their best, at the highest levels.

Very informative easy to understand and straight to the point. Explains the game from a mental perspective and relates to everyday life.

[Download to continue reading...](#)

Emotional Intelligence: Why You're Smarter But They Are More Successful(Emotional intelligence leadership,Emotional Quotient,emotional intelligence depression,emotional intelligence workbook)

Complete Game: The Emotional Dynamics of In-Game Focus 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 Bolivia in

Focus: A Guide to the People, Politics, and Culture (In Focus Guides) (The in Focus Guides) Focus

On Lighting Photos: Focus on the Fundamentals (Focus On Series) Emotional Intelligence: The

Complete Step by Step Guide on Self Awareness, Controlling Your Emotions and Improving Your EQ (Emotional Intelligence Series Book 3) Game of Thrones: 100 Question Trivia Game For True

Fans (Epic Fantasy Series, Game of Thrones Books, Game of Thrones, Fantasy Books) (Epic

Fantasy, Fantasy ... TV, TV Guide, Game of Thrones Book) 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 Emotional Awareness: Overcoming

the Obstacles to Emotional Balance and Compassion Emotional Intelligence: Why it can matter

more than IQ (Leading with Emotional Intelligence) Emotional Intelligence: Develop Absolute

Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully

Control Emotions) Marital Conflict and Children: An Emotional Security Perspective (The Guilford

Series on Social and Emotional Development) Emotional Intelligence: How to Increase EQ,

Interpersonal Skills, Communication Skills and Achieve Success (emotional intelligence, emotions,

how to read ... problem solving, communication Book 3) Highly Sensitive Person: 2 Manuscripts -

Empath & Emotional Healing -Empowering Empaths, Healing, Sensitive Emotions, Energy &

Relationships,Coping with Emotional and Psychological Trauma The Development of Emotional

Competence (The Guilford Series on Social and Emotional Development) Why Do Christians Shoot

Their Wounded?: Helping (Not Hurting) Those with Emotional Difficulties (Not Hurting Those With

Emotional Difficulties) Emotional Abuse:: The Hidden War for Power and Control in Your

Relationship (Healing Emotional Abuse Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)