



Smoke on the Water - A Swimmer's Guide To Developing Mental Toughness

Dr. Alan Goldberg

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Are you getting the most out of your training every day?

Do you get too nervous in races to swim your best?

Are you a mentally tough swimmer?

Do you lose to opponents you regularly out-swim in practice?

Dr. G's classic book, Smoke On The Water introduces the reader to the importance of training the mental side of the sport and provides concrete steps, tips and motivational stories to help you free up your "super swimmer inside."

Learn 5 Steps To Becoming A Champion,

Handle the pressure of big meets

Develop CHAMPIONSHIP concentration

Recognize and avoid the biggest mental mistake made by swimmers

Think like a WINNER

increase your self-confidence

Learn how to use mental rehearsal to prepare for big meets

Better handle pain and fatigue so you get much more out of training

Teaching stories and easy to use exercises will teach you the mental skills of CHAMPIONS!

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Sonia Cancel:

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Benjamin Munk:

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