

Ski Race Starter Lv Hgr

Jim Taylor

Ski Race Starter Lv Hgr:

Prime Ski Racing Jim Taylor,2000-09-20 As America's premier racing ski racing psychologist Dr Jim Taylor knows what it takes to ski fast The lessons Dr Taylor has learned from working with some of the world's best racers coaches and juniors will change the way you ski race Prime Ski Racing introduces you to the essential mental factors that impact ski racing including motivation confidence intensity focus and emotions You will learn simple and practical techniques you can use to be your own best ally on the hill stay cool when the pressure is on and ski your fastest consistently You will learn about the secrets that make the world's best ski racers great and how you can incorporate those into your own racing Prime Ski Racing will teach you how to take your ski racing to a new level Ultimately Prime Ski Racing will show you how to experience the Triumph of the Racer's Mind

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