

The Mental Edge

~Revised



By Loren Christensen

The Mental Edge Revised

Tom House



The Mental Edge Revised:

The Mental Edge, Revised Loren W. Christensen, 1999 *The Mental Edge* Kenneth Baum, 1999-03-01 No matter what sport you enjoy or what level you play you have the potential for a peak performance and realizing that potential is the goal of everyone who makes athletics part of their lives And while you can benefit from the advice of tennis and golf pros marathon runners and skiing instructors the edge you seek to maximize your performance isn't in your stroke your pace or your posture it's in your mind Kenneth Baum describes the program he uses to sharpen and maximize the sports performances of thousands of professional and amateur athletes across the country Power Talk Proper Visualization and Perception Stretchers Performance Cues Identifying and Conquering Obstacles A Commitment to Consistent and Resilient Action Your mind is your most valuable piece of equipment your strongest muscle and your best shot at peak performance for life *The Mental Edge* Stephen J. Brennan, 1993 *The Mental Edge in Trading : Adapt Your Personality Traits and Control Your Emotions to Make Smarter Investments* Jason Williams, 2012-11-27 A top trader and leading psychiatrist explain the unbreakable relationship between personality style and trading success and provide the tools for using this information to make smarter decisions even in high pressure situations *Warrior Mindset* Michael Asken, Dave Grossman, Loren W. Christensen, 2022-09-20 This practical guide teaches readers to meet stressful or dangerous situations with a combat ready mentality In high stress situations especially ones where lives are on the line mental toughness is essential But while many agree on the importance of this psychological skill set few ever provide practical training in how to achieve it Warrior Mindset explains concrete steps and techniques to develop a survival mindset and hardened focus This book offers an in depth analysis of the subject Describing the importance of mental toughness and presenting a method for readying the mind for combat this text can help foster skills that will optimize performance success and survival in the field **Your Best Poker Friend: Increase Your Mental Edge and Maximize Your Profits** Alan N. Schoonmaker, 2007 In Your Worst Poker Enemy Schoonmaker educates us on the game that goes beyond the table the psychological game In Your Best Poker Friend Schoonmaker takes the program to the next level Beyond tricks beyond strategy this book delves deeper into the mind of the player and helps them to understand that their best poker friend is actually themselves Written in an informative and accessible way so every player will be on their way to a royal flush **On Combat** Dave Grossman, Loren W. Christensen, 2022-08-09 The director of the Killology Research Group shares a thorough examination of the emotional and physical effects of deadly conflict Kirkus Reviews On Combat examines the stress resulting from engaging in deadly battle and its effects on the human body from the heart and the nervous system to visual and auditory perception to memory The historical perspective on the evolution of combat provided in this text further deepens our understanding of the brave men and women who train their minds and bodies to go to that place from which others flee Lt Col Dave Grossman a war veteran and former West Point psychology professor presents combat coping strategies demonstrating how one can train the mind to

be inoculated against stress fear and even pain This fresh and informative look at post traumatic stress disorder PTSD details how to prevent it how to survive it how to come out of it stronger and how to help others who are experiencing it Grossman underscores the importance of post combat debriefing when warriors gather to share learn from each other and begin to heal from the horror Based on extensive new research Grossman s findings are supported by revealing quotes and anecdotes from combat veterans and other leaders in the warrior community

Watching Baseball, Seeing Philosophy Raymond Angelo Belliotti,2015-01-28 There are uncanny connections between nine baseball greats and the great thinkers of the West This book offers a very practical application of Western philosophy by examining these icons of American sport and culture The intensity and single mindedness of Ted Williams breathes life into Camus Sisyphus Billy Martin s maniacal competitiveness recalls Niccolo Machiavelli s take on politics which he characterized as a zero sum game the homespun philosophy of Satchel Paige echoes the wisdom of Marcus Aurelius and the many facets of Joe DiMaggio s personality cry out for the resolution that Nietzsche s doctrine of perspectivism might have given Also covered are the connections between Joe Torre and Aristotle Jackie Robinson and Antonio Gramsci Mickey Mantle and St Thomas Aquinas John Franco and William James and Jose Canseco and Immanuel Kant

Anger Management Marc Noblitt Ph.D.,Jeffrey Charles Bruteyn Ph.D.,2019-01-24 Are you tired of anger management programs that are long on theory and short on practical steps to actually manage your anger Then this is the book you need Drawing on newly pioneered techniques in the burgeoning field of positive psychology the authors share a comprehensive twelve week anger management program They share meaningful insights including why it s beneficial to transfer your desire to do something to an outside source such as the judicial system why choosing not to harm others makes it less likely they ll harm you and how cultivating a spirit of optimism can eliminate angry outbursts They also examine myths surrounding anger such as the idea that it is not inherited that anger always leads to aggression the idea that people must be aggressive to get what they want that venting anger is always desirable and more The program incorporates the use of multiple anger styles diet yoga and music therapy making it easy to follow and customizable based on an individual s needs Whether you are running a group therapy session or working to resolve your own anger this revolutionary program will help you achieve positive and lasting results

The Pitching Edge Tom House,2000 Get the edge from one of the top pitching experts in the world House covers techniques physical conditioning and mind mastery as he shows how to become a consistent winner 90 illustrations 48 photos

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