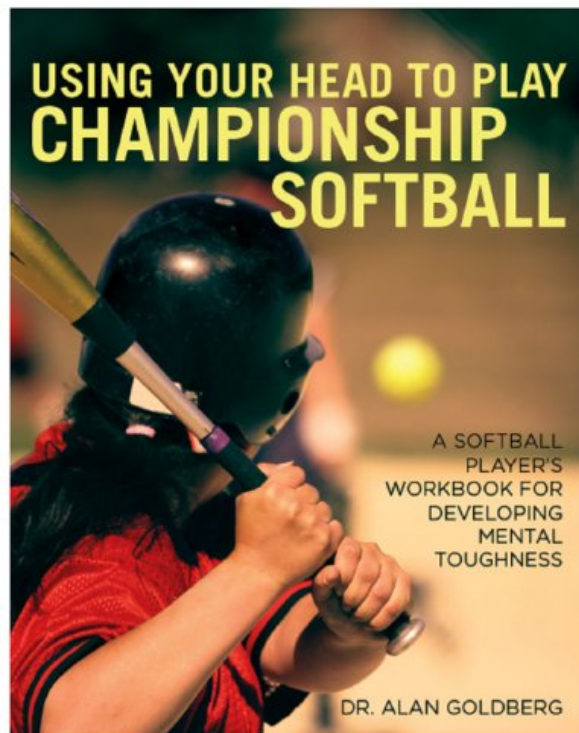
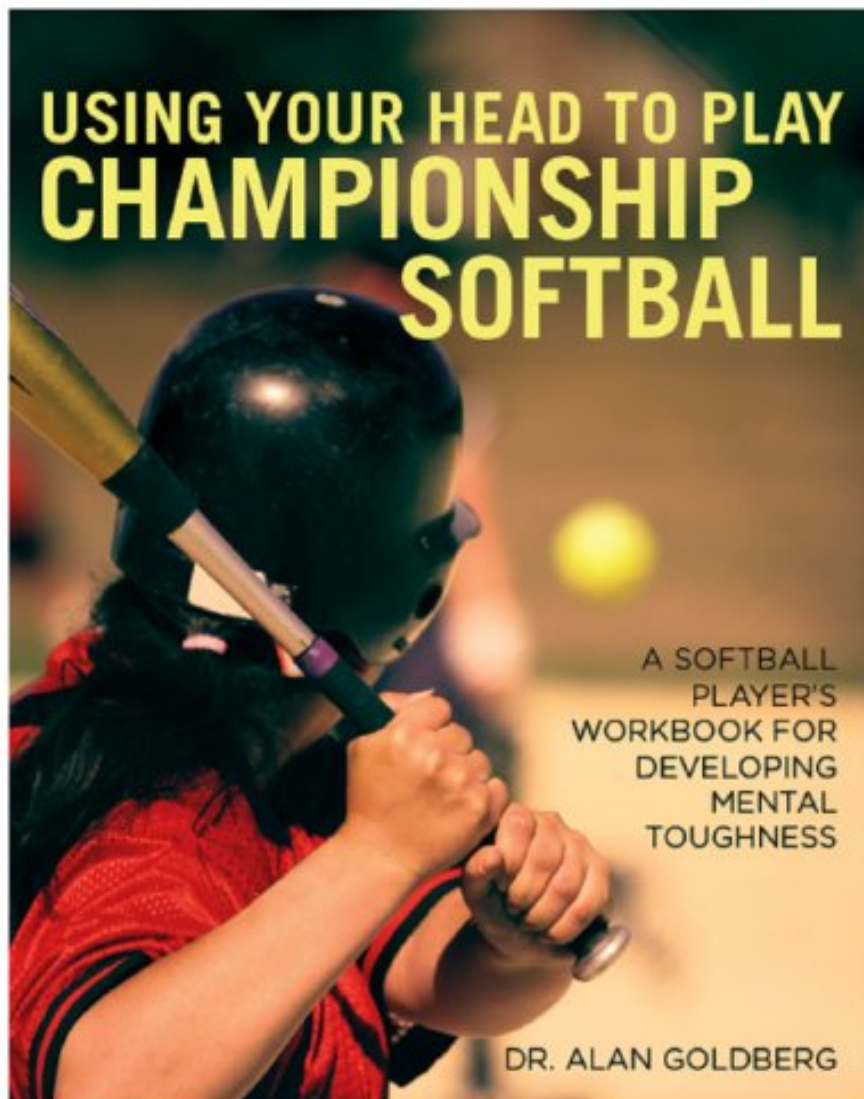


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This step-by-step mental toughness workbook is designed specifically for softball players, to develop the mind of a CHAMPION!

Do you play better in practice than in big games or important tryouts?

Are you easily intimidated by bigger, stronger opponents?

Do excessive pre-game jitters steal your confidence?

Do you have trouble letting go of bad at-bats and errors?

Do you really want to reach your softball dreams?

You can't reach your dreams on the field and become a great ball player without first using your head: You must learn to develop mental toughness. Use this guide to test your current mental strengths and weaknesses and to develop a mental training plan for success. In this workbook you will learn to:

- Understand the mental differences between your best and worst games
- Learn how to motivate yourself on a daily basis to take your training to the next level
- Quickly let go of errors and bad at-bats
- Avoid psych-outs and intimidation and mentally prepare yourself for those BIG games
- Develop winning concentration and stay cool and calm under BIG game pressure

Using Your Head To Play Championship Softball is a must for any athlete who is serious about this game and wants to take their abilities as far as possible.

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