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H.A. Dorfman was a well-known sports psychologist and sports psychology consultant at Scott Boras. Recognized as a leading sports psychologist around the world, Dorfman was also a columnist and freelance journalist with articles appearing in The New York Times, The Boston Globe and The Miami Herald. He is the author of three other books: Coaching Mental Game, ABC's Mental Pitching, and Mental Keys to Kick. Karl Kuehl was a baseball scout, farm system official, coach and manager in Major League Baseball. Throughout his career he has worked with teams such as the Montreal Expos, Minnesota Twins and Oakland Athletics. He co-wrote two books, The Mental Game of Baseball and The State of the Champion's Mind. Start your review of mental baseball game: A guide to peak performance of mental baseball is an outstanding read and a must for baseball players to read this nonfiction novel. I read this book as a job from my club team coach over the past summer. This book is a good reading experience because it may not make sense to everyone at first, but the way GA Dorfman goes in depth and explains the topic makes it much easier to understand. This book exceeded my expectations I believed it would be a book about motivation and situations, the boo mental game of baseball is an outstanding read and is a must for baseball players to read this nonfiction novel. I read this book as a job from my club team coach over the past summer. This book is a good reading experience because it may not make sense to everyone at first, but the way GA Dorfman goes in depth and explains the topic makes it much easier to understand. This book exceeded my expectations, I believed it would be a book about motivation and situations, but it was more of a psychological book, more than anything in the world. And almost all baseball players can relate to this topic more than they know it. The theme of the story more would be to become more mentally stable and focused. Dorfman does a great job of explaining to the reader throughout the story. This book should be read for baseball players in high school, collegiate, and even professional level. Even athletes who have played other sports can relate to certain situations just not scripts that were not used in the book. I would not recommend this book to younger children yet because the language and vocabulary are far advanced for them at this stage. ... More This book has really helped me improve my mental play for baseball. It provides you with vital in-game information like: Fighting mechanisms like how to deal with failure, setting goals, what to think and what not to think and stay calm. I feel that this book deserves 5 stars because of how much it has helped me improve my game. I read this book years ago, I was still playing ball, but now I'm rereading it to see how I can improve in my practice studio as musician in life in general. Judging by the number of passages I have highlighted, its applicability to this undertaking cannot be overstated. If you want to improve in your craft, whatever it is, this book is definitely worth your time. It was my father's book, a copy of the 1990 autograph. He filled the book with notes and clippings. I loved reading about my childhood favorites, but I also loved that strategy in this, the book is really for life ... not just baseball. :-)

Enjoy today! An excellent book for older teens and young semi-pro. Read as the coach/father of team 12U, it's hard to translate to their relative immaturity. A great book that can help anyone focus, set goals and relax in their lives, has made baseball's great history more enjoyable. With America's most beloved sport, baseball being so focused on the physical attributes of today's generation, author H.A. Dorfman addresses what separates a good player from a great player and how to do it. Mental baseball questions how far physical abilities can take you, and how much influence mental training and confidence on a player. All athletes then face the question: What distinguishes the best from the rest? Dorfman's style was very difficult to understand in the book at first. He breaks each chapter into pieces and uses each specific to address a certain mental aspect of the game. From relaxation to concentration, he uses examples from respected successful baseball players to prove his reason for the importance in mental training. Dorfman uses his letter to make the reader feel that the text is talking specifically to him or her. Making writing seem personal and make it more tempting for the reader to put into practice what their reading. I experienced this while reading the pitching section about the shape and breathing habits of pitching. I immediately found myself using those habits in the next game I threw. The tips and guides given to you by Dorfman seem small and pointless, but after reading personal examples from professional athletes who are successfully using them, and personal attempts, you realize that these seemingly small and tedious tips have a big impact on your performance. Fans of sports novels and athletes are always looking to find a way to better be to love the mental game of baseball. The book never ceases to keep the attention of readers teaching you something new each chapter. ... More the book is just great for a baseball player wanting to take his game in Level. This gives you instructions for hitting, pitching and all parts of a baseball game to help your mental game. So many baseball players practice hours on the clock on the physical part of baseball, but that's only half the equation. The mental side of the game is so crucial because it also needs to be practiced, and this book has it all for mental practice. It's good for baseball This book is just crucial for a baseball player wanting to take their game to the next level. This gives you instructions for hitting, pitching and all parts of a baseball game to help your mental game. So many baseball players practice hours on the clock on the physical part of baseball, but that's only half the equation. The mental side of the game is so crucial because it also needs to be practiced, and this book has it all for mental practice. It's good for a baseball player to be challenged in a book such as a mental game that does just that. Dorfman does a very good job in breaking each chapter into another useful subject for baseball along with keeping everything very well organized. Never have I found a dull moment in this book because it doesn't have to be read in order for you to just read what ever chapter you feel like to learn. Dorfman's sleek writing style makes it very easy to follow along, and never boring because of his well-distributed reader voice, which keeps the book interesting. Length of the book is not a problem because it is such an easy read and book that you can easily look back on the later advice of baseball players. Individuals who love America's pastime, baseball, mental baseball game for you. This book is full of tips for the most elite baseball players for baseball players who can just read. If you are serious about taking your game to the next level this book will do it. ... more this book is about the mental things that go along with playing baseball. It tells you how to deal with all the things you think about playing baseball or what you think of yourself. Before, during or after the game. These thoughts can understand your performance and learning to think correctly can have a big positive impact on how you play the game. This can help change your approach about how you play the game. It tells you how to think positively and not to descend on yourself. The book also explains what it means to be a good teammate and bring others down You. I liked this book because it does a very good job of pointing out that thinking a lot while playing can have a negative impact on the way you play. Not only does he do a good job pointing it out. It also tells you how to change what you think about before, during or after the game. There is not everything I would change about this book. It's well written and easy to understand. If you are playing baseball right now or are going to play in the future I would recommend reading this book. It can really help you change the way you play and what you think when you hit a rough spot. Tells you how to be a good teammate and how to respect the game of baseball. This book will help you with the mental game of baseball. ... More Book, Psychic Baseball Game, its A. Dorfman, it's a really useful book that has helped me greatly in baseball. Many people believe that sport is all physical, even I have believed that for some time. Then my mom took this book for me and it changed my beliefs. He gave examples of players that I grew up watching on TV, so it was easy to follow. He also gave examples of real life situations that I went through every day, which helped me as well. I learned a lot from this book. I've also learned a lot, but I've also learned a lot from being a better player. He talked about what is something I'm struggling with. My personal favorite was when he talked about controlling your game because that's what only you can do. I would recommend this book to anyone who plays baseball and should see most of it, which is mental. It was a really great book and I thoroughly enjoyed it and I hope you do too. ... more trying to find an edge in your game that doesn't have much to do with your physical build? This book introduces many different tips on how you as a baseball player can strengthen your mind so that you can prepare for situations in advance. Greg Maddox, the presumptive Hall of Famer, has this say about this book: Not only did I get a lot out of this book, but I recommended it to my teammates. Consider yourself my teammate because I loved this book as well. There are so many interesting attempts to find an advantage in your game that is not much to do with your physical build? This book introduces many different tips on how you as a baseball player can strengthen your mind, so you can prepare for the situations ahead ahead Greg Maddox, the presumptive Hall of Famer, has this say about this book: Not only did I get a lot out of this book, but I recommended it to my teammates. Consider yourself my teammate because I loved this book as well. There are so many interesting topics he touched on, such as how self-confidence and dedication can really affect how successful you are on a baseball diamond. It teaches motivational tools and leads the reader to positive thinking. I would recommend this book to anyone who plays competitive baseball and is looking for benefits that you can't find in the weight room or at your local pharmacy. ... more of this book is not a narrative or anything like that, but I still loved it. This book helps to take the mind of a middle or good baseball player with physical abilities, and what he does is transform them into a great player because it expands their mental part of the game and gives a step-by-step book on how to improve ballplayer mental abilities/strength. This book helped me a lot in my personal baseball trip because before coming in this season I had physical ability, but I lacked the ment this book not a narrative or anything like that, but I still loved it. This book helps to take the mind of a middle or good baseball player with physical abilities, and what he does is transform them into a great player because it expands their mental part of the game and gives a step-by-step book on how to improve ballplayer mental abilities/strength. This book has helped me a lot in my personal baseball journey because before coming in this season I had physical ability, but I lacked mentally in the game, but because of this book I learned a lot about mental play and it will help me break the game down and improve my game a lot. I recommend it to any ballplayer or coach who is trying to improve eating or someone else's baseball game. ... more the authors have done a great job on this book. They explained everything you need to know to preform your best by playing baseball in great detail. They used examples of professional baseball players who fought manently and showed how they corrected their problem and results. They also explained how to bat in difficult situations and cheating the dough when on the mound and a lot including feilding and base running. Some of their ideas may seem simple or meaningless, but when you see them examp This authors have done a great job on this book. They explained everything you need to know to preform your best by playing baseball in great detail. They used examples of professional baseball players who fought manently and showed how they corrected their problem and results. They also explained how to bat in difficult situations and cheating the dough when on the mound and a lot including feilding and base running. Some of their ideas may seem or meaningless, but when you see their examples and results, we really believe what their words are. This is generally a great book and should for any baseball player wanting to improve their baseball skills. ... more I took my time on this book, reading (and sometimes rereading) the chapter at a time. I'm a high school baseball coach, and what I've learned from this book will forever shape the way I teach my players. I was originally led to this book after hearing Seattle Mariners director of player development Andy McKay speak at the American Baseball Coaches Association in 2016. I really liked what he was talking about - mental games - and he noted that most of his ideas came directly from Dorfman. The ideas in b I took my time on this book, reading (and sometimes rereading) the chapter at a time. I'm a high school baseball coach, and what I've learned from this book will forever shape the way I teach my players. I was originally led to this book after hearing Seattle Mariners director of player development Andy McKay speak at the American Baseball Coaches Association in 2016. I really liked what he was talking about - mental games - and he noted that most of his ideas came directly from Dorfman. The ideas in the book are so simple and yet so incredibly profound. I can't recommend this book enough for both players and coaches. ... The more zen-like approach to baseball seems to focus on minimizing your distractions and relying on staying in the moment. There are so many baseball self-help books out there that just barrage the reader with a complete overload of basics, and naturally every author has his own system for what works. Dorfman is much more of a tough love psychologist who leaves it to the person to know what should work for them and just go out there and do it. I've read a few accounts of the basic Lag zen-like approach to baseball, it seems to focus on minimizing your distractions and relying on staying in the moment. There are so many baseball self-help books out there that just barrage the reader with a complete overload of basics, and naturally every author has his own system for what works. Dorfman is much more of a tough love psychologist who leaves it to the person to know what should work for them and just go out there and do it. I've read a few accounts of major leaguers loving this book and now I understand why. It's a great book! ... More... Mental baseball game is an excellent guide to improving your game on and off the field. However I felt that many contributions from ex-ballplayers could also help off the field. The book does a good job of telling the stories of situations related to and unrelated to baseball. I wouldn't recommend this book to someone that lacks an understanding of the game of baseball, but would recommend this book to anyone thaty loves the game. I am writing a two-page summary of a book for my son who has trouble reading long items. This is a great exercise in identifying key ideas. I enjoy the book, the book, I had to read when my eldest son was playing. This book guided mine for four years while playing baseball baseball UCLA, as well as my six-year professional baseball career. This is necessary for any student game, series athlete or parent who helps guide their future athlete. This book is great. It perfectly describes every aspect of baseball's mental side. This book is almost guaranteed to improve your game. I highly recommend this book for any body playing baseball from children just starting veterans. #360. I really learned a lot from reading this. It made me more confident as a player and I took what I learned on the field. It made me realize how important the mental aspect of baseball is in being successful. I highly recommend this book to anyone who loves baseball, plays baseball/softball or coaches. I read this cover for cover a few times and it helped me when I was a collegiate athlete as well while I was coaching. A very zen-like approach is not just to baseball, but any sport. It is written for a broad age group, so the illustrations may seem pedestrian to the senior athlete, they make sense to the younger player. Read this when I was coaching the Select Baseball Team in the early 2000s. Not as valuable as the mental ABCs pitching the same author, but still has a place on the shelf. The number of Hall of Fame athletes who are in the book is really amazing in a good way with a great book. Book. the mental game of baseball a guide to peak performance pdf

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