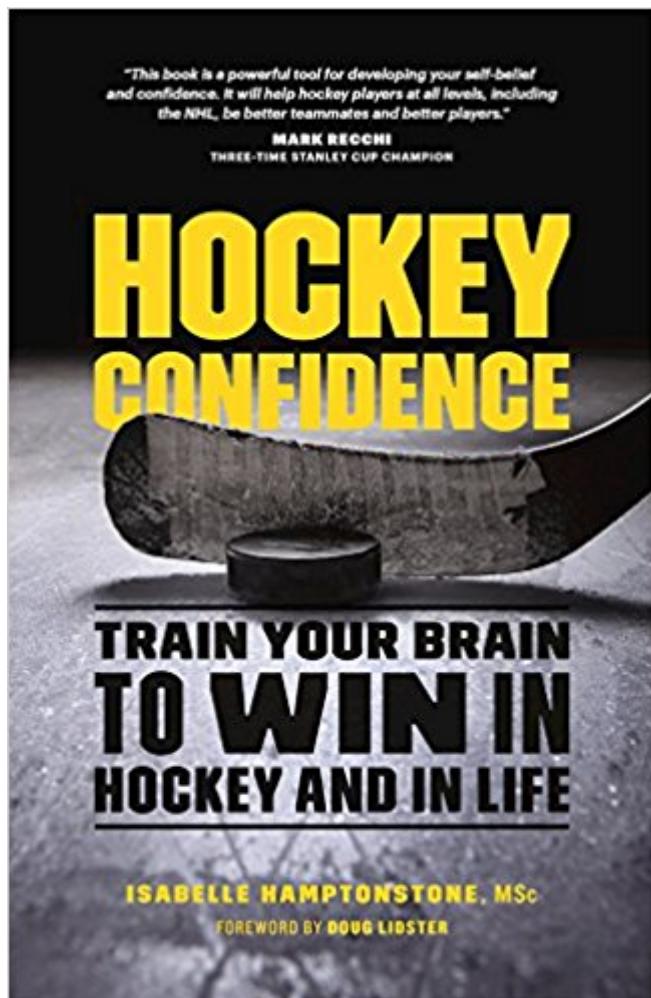


The book was found

# Hockey Confidence: Train Your Brain To Win In Hockey And In Life



## Synopsis

Confidence affects how we deal with stress and how we fulfill our potential to achieve the results we desire. In sports and in life, confidence is the underlying factor determining mental and physical performance, leading to overall success. This book by experienced mental performance specialist Isabelle Hamptonstone contains a collection of powerful techniques and tips to help hockey players overcome lack of confidence. Clear instructions and illustrative case studies show how training the brain to develop and sustain hockey confidence can upgrade results and help players make smarter, quicker decisions under pressure. Hamptonstone shares step-by-step guidelines gleaned from her years of research working with the giants in the game of hockey. Some of the greatest hockey players in the world have used these very same steps to change their game and their lives. Added to this base of personal knowledge, the book references inspiring moments of mental performance by Wayne Gretzky, Doug Lidster, Scott Niedermayer, Shane Doan, Darryl Sydor, Jarome Iginla, and Mark Recchi. This pragmatic and positive book is a game-changing guide and valuable resource for anyone interested in high-performance hockey, as well as a valuable tool for self-development.

## Book Information

Paperback: 192 pages

Publisher: Greystone Books (September 20, 2016)

Language: English

ISBN-10: 1771642017

ISBN-13: 978-1771642019

Product Dimensions: 5.4 x 0.6 x 8.4 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,585,525 in Books (See Top 100 in Books) #67 in Books > Sports & Outdoors > Coaching > Hockey #648 in Books > Sports & Outdoors > Hockey #923 in Books > Sports & Outdoors > Miscellaneous > Sports Psychology

[Download to continue reading...](#)

Hockey Confidence: Train Your Brain to Win in Hockey and in Life Confidence: Simple Confidence Building Tips That Will Destroy Your Shyness & Help You Become Confident In Any Situation, 3rd Edition (Self-Confidence, ... Anxiety, Confidence, Charisma, Introvert) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma,

Personal Magnetism & Self Confidence) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Superhero Killer Confidence: Easy Actions to Boost Your Self-Confidence through the Roof, Overcome Your Fears and Break through Any Barrier: (Become Unstoppable and Live Life to the Fullest) Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today) Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self Esteem: Mastering Your Life!- Building High Self Esteem, Confidence and Defeating Doubt (Self Esteem, confidence,doubt) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) The games of drawing room hockey, tether ball, hand tennis, garden hockey, volley ball, basket goal, lawn hockey, wicket polo, hand polo, golf croquet, clock golf, laws of badminton Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Roulette Rockstar: Want To Win At Roulette? These 3 Simple Roulette Strategies Helped An Unemployed Man Win Thousands! Forget Roulette Tips You've Heard Before. Learn How to Play Roulette and Win! 10 Days to Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly (Self-Confidence, Charisma, Introvert, Self Esteem, Success) (SUPERHUMAN IMPROVEMENT) NLP: Essential Crash Course to Harnessing the Power of NLP for: Mind Control, Hypnosis, & Self Confidence (Psychology of Success, Confidence, Motivation, Communication, Emotions, Behavior Book 1) Inside The Mind of An Alpha Male: 16 Attitudes That Attract Women, Win Friends, Increase Confidence, Gain Charisma, Master Leadership, and Dominate Life ... and Dating Advice for Men Book 3)

[Dmca](#)