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Based on accepted sports psychology principles, Sports Hypnosis in Practice goes beyond just introducing hypnosis to sports psychology, but also examines the role of mental training as a whole, including insightful interviews with coaches and former players. In addition to chapters covering specific sports such as golf, tennis, athletics and show-

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jumping, Dr Tramontana has included useful guidance for dealing with other issues such as injury recovery and substance abuse.

Sports Hypnosis in Practice - crownhouse.co.uk

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rehearsing the plays before a game is not a new idea, but subconsciously playing the game and already seeing it won, while in hypnosis, is a novel and profound one.

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This book offers new strategies and scripts for

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A script for self-hypnosis This is one of the most popular self-

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hypnosis techniques employed by athletes. It aims to help you distance your mind from the here and now and place you in a setting that you associate with relaxation and inner calm.

Self-hypnosis in sport - Peak Performance

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