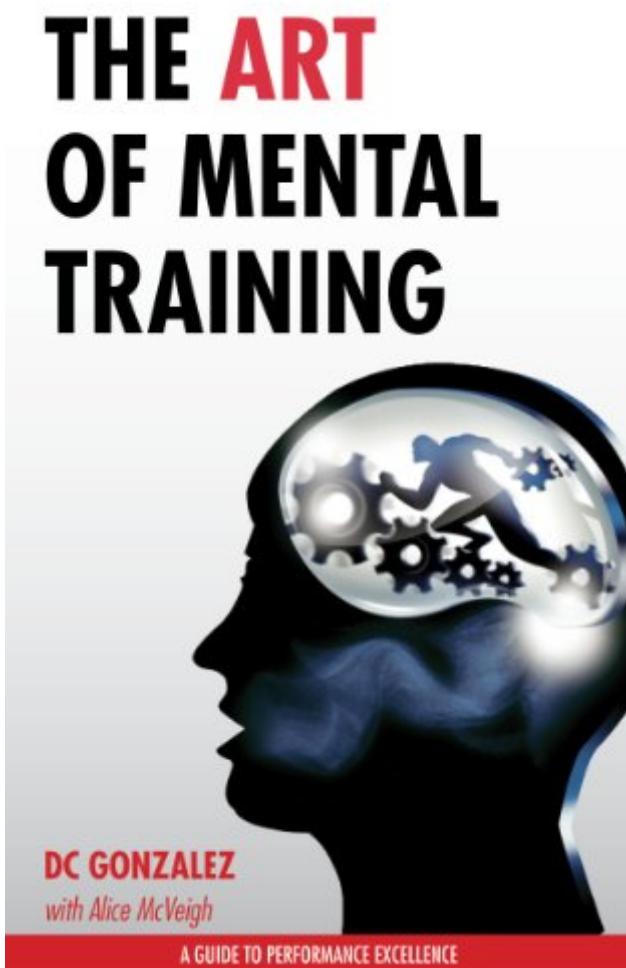


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# The Art Of Mental Training - A Guide To Performance Excellence



## Synopsis

Achieve the Champion Mindset for Peak Performance with this Best-SellerReach New Levels of Success and Mental Toughness with this Ultimate GuideLearn the "Science of Success" - Step by Step - and Prepare to Excel In this concise and highly acclaimed success mental training guide, peak performance coach DC Gonzalez teaches a blend of unique mental training technologies, sports psychology essentials, and peak performance methods that are effective and motivational. Get ready to increase your self-belief, self-confidence, and mental toughness, using this powerful guide designed to help you reach new levels of success, sports performance, and personal development.An easy read, this Kindle book is truly a guide to performance excellence written by an expert and a very unique teacher. Peak Performance Coach DC Gonzalez is among a very fortunate few who have had the unique experience to have learned from the late P.C. Siegel, a world-renowned sports and peak performance authority, sports hypnotherapist, and Neuro Linguistics Programming Master Practitioner. With a client list that includes top athletes, executives, actors, entertainers, pro-fighters, musicians, soldiers, doctors, lawyers, psychologists, and many more; Dan has been leading people to new levels of achievement since 1988.This Kindle book is powerful, in it Dan explains, teaches, and helps you develop the psychological skills required for peak performance and mental toughness, while pointing out the underlying mental training strategies that will help anyone reach higher levels of achievement and performance - not by random chance, but by focused choice.The Art of Mental Training teaches the critical essentials while interwoven with stories from his fascinating background as an Aviator in the Navy, a Federal Agent, Military Cyber-Security Specialist, Brazilian Jiu-Jitsu Black Belt and a Peak Performance Coach. Dan creates a powerful teaching connection between his adrenaline-filled life experiences and the mental skills and mental training that make all the difference.Ã¢ Ã¢ Learn to access your true potential, control your state and excel even under extreme pressureÃ¢ Ã¢ Enhance performance by transforming the negative energy generated by nervousness and fear into shatterproof confidenceÃ¢ Ã¢ Improve focus and concentration for positive results Ã¢ Ã¢ • often instantly Ã¢ Ã¢ •with battle-tested mental training techniquesÃ¢ Ã¢ Learn the psychological factors that will help you view set-backs as opportunities to create lasting positive changeÃ¢ Ã¢ Enhance visualization techniques and learn to create success imagery that will generate powerful resultsÃ¢ Ã¢ Understand what to practice and which success conditioning exercises will vastly improve your self-belief, self-confidence and performance Ã¢ Ã¢ Gain insight in to the coaching psychology behind redirecting anger energy and using it to strengthen your resolve and remain in controlÃ¢ Ã¢ Use proven sport psychology techniques to leave your

ego outside your event and avoid performance choking completely. Learn to create the Ideal Performance State using Neuro Linguistics Programming and "The Critical Three". Get rid of limiting beliefs and the negative critic in your head once and for all. Achieve the champion mindset and gain the mental edge over your opponents or the situation - on demand. Learn how to find the place from which peak performance springs forth. The lessons and techniques presented in this book are essential reading for anyone seeking more success and peak performance, whether it be on the playing field, in business, or life in general. Whatever your personal endeavor may be, whatever challenges you may be facing; these lessons will prepare you to move forward and to excel in a powerful way. Reach new levels of personal success and achievements as you learn, practice, and apply these powerful concepts and techniques.

## Book Information

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## Customer Reviews

This is a very well written book. I have used mental training for excelling in Olympic skeet shooting

and read many classics to hone my mental performance. I was expecting little out of this book because I thought I knew it all. Much to my surprise this book added to my arsenal and cleared many nagging doubts. The USP of this book is in its simplicity. Great authors and trainers have the knack of imparting knowledge in a very easy and succinct way. DC Gonzalez has this knack. A must buy for all those aspiring to reach greater heights in their sports performance.

It makes sense. Enough said. Simple but tackles a complex situation very well. Highly recommended and well worth the money

I found this book to be highly interesting. The subject matter was powerful, but the book was written in a style that I found very entertaining. I found the tone of the author to be very down to earth. The advice was meaningful, but never preachy. This book is full of great advice and I am already incorporating it into my daily life. This book can be utilized by everyone. Fantastic read!

Stress and pressure are staples of modern existence. We constantly perform and compete. Many argue that life is not about winning a game but about being part of it. What I especially liked about this book is its unique and comprehensive approach to mind training in this fast paced and demanding world. It tells me something that I don't often hear in everyday life: everyone is able to learn how to join a winning team and become the best of the best, as the author describes: "A Warrior/Champion is able to empower all aspects of his performance." I enjoyed reading all of the stories from the author's personal experience and to take a peek at the lives of those who didn't reach for victory across the quicksand of timidity and doubt. My favorite one was about the world famous soccer player Pelé whose games I used to watch as a little kid. I found this book to be a great guide to positive thinking in a very amazing yet realistic way. It is blended with real-life stories and techniques that people from every walk of life can use and apply towards their success. I highly recommend this read.

That's how I felt...like I can go to war! This book amps you up in a "in your face", but subtly way. Everything in life will come down to your mental state, you need to train it for success, in order for you to be successful. This book walks you through so much, and uses personal example, such as that from a world class celebrity...that was everything to me! Read this book, not once, not twice, but every time you are feeling the blues, it will stir you up and get you back on the right track!

One of the best motivational books that I have ever read. I will definitely be recommending this book to others. I liked that the author included detailed information and material that I could put to use immediately. This book was very well written and it is evident the author put a lot of time and effort into creating this book. It was very organized and easy to read (and also go back to re-read certain parts). If you have decided now is the time to take control of your life- you cannot afford to be without this book. Excellent book and I definitely recommend it.

DC Gonzalez has craved out a career writing The Art of Mental Training. Some say he's become a unofficial spokesperson-some might even say a symbol for writing that is innovative, demanding and different from the mainstream. If you practice - his ideas set off a series of delicious mental explosions. He is expressing powerful concepts in word combinations that are unexpected. He shares deep insights as if almost hiding them in plain sight, so don't rush, read carefully, and you will see exactly what I mean. A question lingering among his fans is when can we expect the next book. I recommend this book for all ages,

The Art of Mental Training By: DC Gonzalez CreateSpace Publishing, 2013. 138 pages (Reviewed on 08/16/2014). In His book, The Art of Mental Training, Gonzalez shares with the world his unique experience as he was mentored by the "Master" and authority, in the field of Sport's Psychology, the late and great P.C. Siegel. This book will not only help those who play sports but I am a disabled veteran of the Gulf War and I suffer from the "Gulf War Syndrome" and Gonzalez's methods have provided me with a solution when facing the situations I have to face due to my disabilities. Gonzalez brings proven techniques to the table using his personal experience to support his methods. I am a self-published author of four books and three Children's books, all in the Christian genre and written with the spirit of helping others develop a closer relationship with Jesus while improving their quality of life right now. I was so amazed and intrigued when I began reading Gonzalez's book that it was impossible to put down, I was able to read the book in two sittings. I was riveted page after page, at the simple methods that work for anyone. This book is not a typical self-help or motivational book; it contains practical, proven methods that have been passed down through-out the generations. I believe that anyone who is an athlete and those who are not will benefit exceedingly from the lessons written by Gonzalez. This book is well written, a professional and intelligent piece of work. This book will help anyone who has to make important decisions, business owners, corporate business people, or those who just require the confidence to do what

they have been called to do. Do not pass-up this incredible opportunity to add this book to your library, it is not the kind of book you will not read just once, you need to keep this book on your coffee table or night stand. I know I will be going to it repeatedly. This book will make a great gift for a family member or friend and it will definitely help them succeed in all aspects of their lives. I know I am going to share this book with the players on my daughter's sports teams along with my fellow ministers and authors. Gonzalez writes in a manner that is easy to understand and his techniques are not complicated. It is easy to take and develop his methods into one's life, both professionally and personally. Great book, I can't wait to read more of Gonzalez's works. This book has definitely blessed my life. I have gained a new found confidence and it strengthened as I continued reading through each chapter. It has been a long time since a book has affected my life as The Art of Mental Training has done. Sincerely, J.P. Ruiz  
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