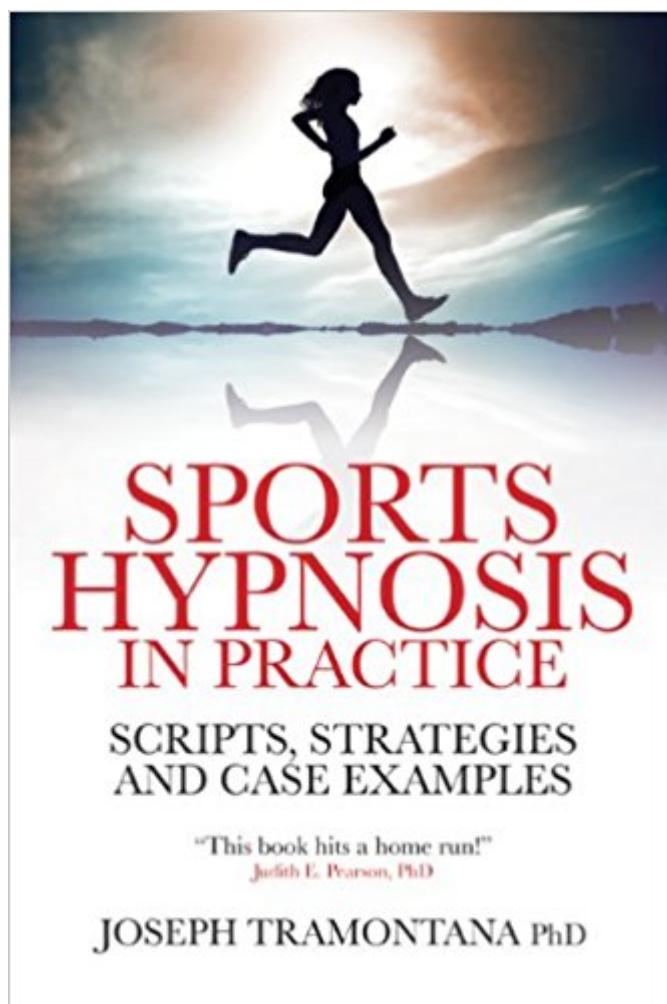


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# Sports Hypnosis In Practice: Scripts, Strategies And Case Examples



## **Synopsis**

This book offers new strategies and scripts for hypnotherapists, sports counsellors and sports psychologists working with athletes to help them achieve their peak performance. A major focus of the book is that the therapist does not necessarily need to be familiar with the sport or activity to serve as a "mental coach" to the athlete. The athlete is instructed that the goal is not to improve the mechanics of their performance (that is left up to their coaches) but, rather, to help them to relax, concentrate and focus so that they fulfill their maximum potential. They learn not to let the mental side of their game trip up the physical side, but rather to enhance it.

## **Book Information**

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## **Customer Reviews**

If you are a hypnotist, this book could become very useful to you. If you aren't a hypnotist, this book will make it clear why hypnosis is emerging as such an important discipline in the 21st century. This book is so practical that I have been giving it to students in my hypnosis certification classes. While focused on sports hypnosis, it provides a practical guide to general hypnosis as well and will be

useful to beginning hypnotists, seasoned professionals and hypnosis instructors. The first chapter: "Overview of Hypnotic Approaches with Athletes" could aptly have been titled: Overview of Hypnotic Approaches. Tramontana lays out hypnotic suggestibility tests, a variety of inductions and a format for multiple sessions, including suggested inductions and the stories, metaphors and suggestions that form hypnotic work. As he unpacks the usefulness of hypnosis in a variety of sports settings, he begins with the solo sports, where the athlete is striving for personal best performances. He leads the way with golf, the ultimate "mind game". At anything beyond the beginner level, Golf is about 10% physical skill and 90% mental toughness. Tramontana addresses that with wit and wisdom. The case studies open up the field of potential golf clients. The hypnotic strategies have broad application beyond golf. He takes readers through "Track and Field" competitors in the next chapter. He illustrates the benefit of hypnosis by talking about his own work with jumpers, runners and sprinters. That these too are mind games as much as physical capacity games he draws attention to the time when it was thought no-one could break the 4 minute mile. No one could, until Roger Bannister did. Then breaking 4 minutes became commonplace. When he shared the story of the young jumper who exceeded her previous personal best by several inches he shares that "...I came to believe that some athletes had never yet performed even close to their optimal level, so their peak performance has not yet been established..." he clarifies the value of hypnocoaching in all areas of life and work. Do you know your peak level of performance? I teach my clients that the only hindrances to their success are within. As a hypnocoach, I can tell you that most people have no idea what they are capable of achieving. Gymnasts and cheerleaders are covered next. Sometimes fear gets in the way of performance and in this chapter he lays out ways of guiding clients to overcome their fears. Gymnasts must rely on the mental game in competition, and he shows how to use future progression as a part of hypnotic work. Equestrian leads the way toward the sports most are more accustomed to, football, baseball and basketball. If you are an athletic coach at any level you must read this book. Then reach out to a hypnotist in your area and allow your teams to find their peak performance levels. He integrates some of his other specialty work as he shows how to deal with and overcome substance abuse and addictions using hypnosis. This book also provides readers with a usefully annotated bibliography. "Sports Hypnosis in Practice" represents an advance in the literature of sports hypnosis.

I have read other hypnosis books which tell you exactly how to put hypnosis into practice. I was looking for a book specifically designed with athletes in mind to help out my daughters who are competitive athletes. This book gives some information about athletes, but it is confusing to put into

practice. It skips around a lot and relates more to the author's personal experience, rather than focus on the athlete. He refers to other books for scripts, which I found annoying since I didn't buy this book to realize I have to buy 5 other books to determine what script to use, and he does not make it easy to determine how many sessions/times to use this material. Overall, the book skips around a lot, focuses on the author's own personal stories, and not a practical guide to use for the everyday athlete.

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