

Mind Training for Swimmers



Mind Training For Swimmers is truly everything you ever could want to know about positive thinking and how to improve your swim or sport performance. Written by Craig Townsend, Australia's Swim Guru, it is filled with examples and teaching points that are sound, thorough, and based upon solid scientific thinking. The author is the Director of Its Mind over Matter in Sydney, Australia; and he has worked in the area of mental training for swimming, sports and personal development for over fifteen years! He possesses a Diploma in Clinical Hypnosis, and for over twenty years he has researched and experimented with various methods of tapping the potential of the human mind. His program has received world recognition, and has now been put into book form. Bellissima Publishing, LLC is proud to have Craig Townsend among its writers. This is a must read book that should be required reading for every swim coach and swimmer! It is a book that can help anyone move towards positive thinking and self-recognition.

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