



The Mental Game of Baseball: A Guide to Peak Performance

By Dorfman H.A.

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Without a doubt the classic guide to mental performance enhancement for baseball. Here in the third edition, authors H.A. Dorfman and Karl Kuehl present their practical and proven strategy for developing the mental skills needed to achieve peak performance at every level of the game. The theory and applications are illustrated by anecdotes and insights from major and minor league players, who at some point discovered the importance of mastering the inner game in order to play baseball as it should be played. Intended for players, managers, coaches, agents, and administrators as well as fans who want a more in-depth look at the makeup of the complete baseball player.

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The Mental Game of Baseball: A Guide to Peak Performance By Dorfman H.A. Bibliography

- Sales Rank: #54707 in Books
- Brand: Brand: Taylor Trade Publishing
- Published on: 2002-05-28
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 8.98" h x .95" w x 6.34" l, 1.28 pounds
- Binding: Paperback
- 360 pages

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Editorial Review

Review

This is the most helpful book I've ever read. I, along with several of my teammates refer to *Mental Game of Baseball* as the 'Baseball Bible.' (Al Leiter, former all-star pitcher)

Coaching the Mental Game is a must for managers and coaches at every level. (Peter Gammons *ESPN the Magazine*)

About the Author

H.A. Dorfman was a noted sports psychologist as well as a sports psychology counselor with the Scott Boras Agency. Recognized as a leading sports psychologist across the world, Dorfman was also a columnist and freelance journalist with articles appearing in *The New York Times*, *The Boston Globe*, and *The Miami Herald*. He has authored three other books: *Coaching the Mental Game*, *The Mental ABC's of Pitching*, and *The Mental Keys to Hitting*.

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