

# TRIATHLETES GUIDE TO MENTAL TRAINING PDF, EPUB, EBOOK



## **The Triathlete's Guide to Mental Training a book by Terri Schneider and Jim Taylor**

Shopping cart There are no products in your shopping cart. By Jim Taylor , Terri Schneider. Add to Wish List. This book is not yet featured on Listopia. Add this book to your favorite list ». Community Reviews. Showing Average rating 3. Rating details. More filters. Sort order. Aug 25, Christine Kenney rated it liked it. Which may not be exactly the sort of stress the authors were hoping to christen you with, but can be channeled constructively to improve the quality of your training and your comfort on race day. Devoting a chapter to each of the areas of mental training in

part 2 was not that helpful since the strategies to build them up overlapped a lot across each area, creating a lot of repetition. I personally got sick of the triathlete spotlight story trying to apply the concepts of the chapter and pro athlete quote sidebars, but so many authors of triathlon books do it that, this is probably just a personal pet peeve. Chapter Ironman Preparation and Racing is a gem-- dead on about both the cons and pros of committing to this distance.

Jan 24, JJ Tellez rated it it was amazing. Full of great advice for endurance driven people, let alone triathlons, tons of advice, mantras and the like for high intensity work and family life. Particularly insightful for test-takers for all those certification entrance exams out there. Nov 17, Jennifer rated it liked it. Good read. Helped me focus on my training for triathlon, but not necessarily stuff I didn't already know. But good food for thought for anyone needing to focus on something big. Zach Adams rated it liked it Oct 09, Michael A Schindler rated it really liked it Dec 29, Sami Luoma rated it really liked it Aug 03, Ed Meyer rated it it was amazing Aug 18, Julia rated it really liked it Oct 15, VeloPress rated it it was amazing Jan 24, Jaime Palacios rated it it was amazing Jul 29, Julian rated it liked it Apr 18, Vassilis rated it really liked it Dec 04, Allison rated it liked it Sep 12, RvandeLogt rated it it was ok Sep 07, He is the author of eight previous books, including biographies of hockey stars Wayne Gretzky and Igor Larionov, and the epic round-the-world wheelchair journey of Rick Hansen.

Gordon Kirby has written about motor racing for 30 years. Dan Proudfoot has covered motor racing since for numerous media outlets and since has written about the sport for "The Toronto Sun," A hobby racer in the s in vintage and amateur F classes. Visit Seller's Storefront. List this Seller's Books. Payment Methods accepted by seller. AbeBooks Bookseller Since: June 27, Home Jim Taylor, Ph.

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About Jim Taylor. Jim Taylor. He has served as a consultant for the U. He has worked with professional and world-class athletes in tennis, skiing, cycling, triathlon, track and field, swimming, golf, and many other sports Jim Taylor, PhD, CC-AASP, is an internationally recognized consultant and presenter on the psychology of sport and parenting. Skip to main content. Listed in category:. Email to friends Share on Facebook - opens in a new window or tab Share on Twitter - opens in a new window or tab Share on Pinterest - opens in a new window or tab. Add to Watchlist. People who viewed this item also viewed. Showing Slide 1 of 1. EUR Picture Information. Get the item you ordered or get your money back. Learn more - eBay Money Back Guarantee - opens in new window or tab. Seller information betterworldbookswest Contact seller. Visit store. See other items More See all. Item Information Condition:. Read more. Approximately EUR 3.

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See payment information. Any international shipping is paid in part to Pitney Bowes Inc. Internationally recognized psychologist and Ironman triathlete Jim Taylor, Ph. Triathletes will first assess their psychological strengths and weaknesses, and then learn about the six mental factors that most affect triathlon performance; motivation, confidence, intensity, focus, emotions, and pain. Taylor and Schneider also reveal essential tools for training and racing, such as routines, mental imagery, goal setting, and valuable insight from the world's best triathletes. The Triathletes Guide to Mental Training will help multisport athletes identify and overcome the psychological barriers that the mind places on athletic ability with practical information and skills that will ultimately lead to better performance.

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### **The Triathlete's Guide Mental Training Book | Buy in CANADA**

The Triathlete's Guide to Mental Training , written by accomplished sport psychologists and Ironman triathletes, offer readers in-depth, practical information and skills they can use to build mental muscle. Triathlons are certainly physically demanding, to say the least, but most triathletes would agree that it is the mental aspect that can determine whether or not they achieve their competitive goals. Resources addressing this key aspect have been hard to come by -- until now. [Learn More](#) - opens in a new window or tab International shipping and import charges paid to Pitney Bowes Inc. [Learn More](#) - opens in a new window or tab Any international shipping and import charges are paid in part to Pitney Bowes Inc.

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Shipping to: Worldwide. No additional import charges at delivery! This item will be shipped through the Global Shipping Program and includes international tracking. Product Details Price. Sports Psychology. Earn money by sharing your favorite books through our Affiliate program. Become an affiliate. She has raced in over 30 countries as a world-class professional triathlete for twelve years and an elite international adventure racer since the sport's inception in the U. Terri has shared her personal experiences, research, and expertise through her work as a coach and as the invited speaker at a long list of events, as well as with national and international audiences on the Discovery Channel, USA Network, high-profile talk shows, news segments, and in popular fitness and outdoor publications.

Terri earned her Masters degree in Sports Psychology with an emphasis on team dynamics and risk taking and her Bachelor of Science degree in Exercise Physiology.

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