



Coaching the Mental Game: Leadership Philosophies and Strategies for Peak Performance in Sports and Everyday Life

By H.A. Dorfman

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Whoever claims winning isn't everything obviously has not spoken with an athletic coach. *Coaching the Mental Game* offers coaches of all sports a definitive volume for effectively understanding an athlete's mental awareness, which in turn will help drive success. Author H.A. Dorfman details appropriate coaching strategies aimed at perfecting the player's mental approach to performance.

Coaching the Mental Game will become the Bible for coaches who strive to make their athletes the most complete performers possible. Not only a wonderful asset to athletic coaches, this book will also prove to be a motivational resource for workers in all industries as well as in the game of life.

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Editorial Review

Review

Recommended for sports collections. (*Library Journal*)

Dorfman, who is recognized worldwide in the area of sports psychology, does an outstanding job of breaking down the many areas of coaching philosophies and strategies. The person who reads this book will gain a greater understanding of what makes coaches (and players) tick. It's a must for all coaches?from the rookie coach to the coach who has been around the game for many years. (Scott Lynn, KEX Radio Portland)

World-renowned sports psychologist Dorfman adapts his mental insights to guide team leaders and coaches, no matter what the playing field. (*Spartanburg Herald-Journal*)

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: *The Mental Game of Baseball*, *The Mental ABC's of Pitching*, and *The Mental Keys to Hitting*.

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