



Facing Frankenstein: Defeat Your True Opponent in Sport

DR Mark S Elliott

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What's mentally demanding about your sport? Is it waiting for kick-off? Making mistakes? Taking a penalty kick in a big match? Receiving a poor decision from the referee? Being close to victory/defeat? Performing in front of the national coach? For years, athletes have been told that these types of external events and scenarios are why playing sport competitively is mentally challenging. They have been brought up to believe that the sources of their anxieties, distractions and frustrations lie within their sport. However, according to leading sport psychologist, Dr Mark Elliott, this is deceptive and wrong. At last! Here is a sport psychology book that tells it like it is... In Facing Frankenstein you'll realise why it's wrong. You'll discover the TRUTH about why you need to be mentally tough and be shocked to learn that it's got nothing to do with sport itself. Instead, you'll find out that you've created a mental monster that is more cunning, clever and capable than any of your physical opponents. It is your true opponent in sport and you must defeat it! Crucially, the book provides you with the means to do so through its groundbreaking mental training system, The Six Pathways to Mental Toughness programme. Specifically designed to overcome your mental monster, and packed with over 80 exercises and techniques, so be assured, the days of being stalked by your mental monster are almost over!

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