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Mindset: Awareness In Sport



Synopsis

Conquer your nerves and enjoy the challenge. Learn how to focus like a world-class athlete by using the same awareness techniques Olympians use to achieve great results.Â Mindset explores how elite athletes keep calm under pressure by allowing the mind and body to work in harmony. Systematically train the mental side of your physical discipline by changing the way you think about, compete in and play sport.Â You will be able to convert anger, impatience, tension and frustration into self-confidence and pleasure, transforming your perception of sport forever.Â The book is ideal for parents, coaches and athletes of all levels. You are guaranteed to see results if you are prepared to practice.

Book Information

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Customer Reviews

Jackie Reardon presents a compelling approach to both how you and I play the game of tennis, but equally how we play in our own game of life. For many people who are too often "in their head" playing or living with reference to their story - holding on to past events or worrying about future events - this same thing occurs on the tennis court to disrupt the simple skill of playing entirely in the present. Mindset addresses your attitude, your concentration, your moment to moment enjoyment without resorting to judgment - if you seek to get more out of your tennis as well as everything else - do dive deeply into this book. PS - I am a tennis teaching professional and have first hand experience with Mindset in my day to day on court life.

Jackie Reardon's book Mindset, is a beautifully simple and honest tool for 'upping one's game' on

any sports field or in life. Having explored various spiritual traditions and having lived in a foreign country for many years as a successful sports coach, life coach and motivational speaker, Jackie is well equipped to deliver the advice she does. Easy to understand and implement, Jackie's steps to sporting success and general joy in life, are carefully thought out and systematically presented. I recommend this book highly to anyone who wants to leave aggression behind in favour of happy dynamism in or on any field of endeavour.

I just finished mindset for the second time and I want to say what a great book that Jackie Reardon has written. There are other great mental skills training coaches out there such as Dr. Jim Loehr, Dr. Robert Neff, Mihaly Csikszentmihalyi to name a few. The way Jackie have presented the information makes it very easy to understand and use. I have already started to incorporate the mindset process into my coaching. I will recommend it to all my students!

I wished I had known more of the -some very simple- advices in this little book, when I was young, but you are never too old to learn! In 2007 I read the first edition (Dutch) and now I read a part of the third edition (English). Important sentences, I think, are these:"...passion and drive can be combined with friendliness for yourself and others. In this way, the battlefield can become a playing field once again.""What we hope to achieve is that you are able to relax and concentrate at the same time"BUT also:"You can't expect in a few hours of coaching to produce results without actively investing in your own plan for mental development."

This beautiful, accessible and practical book written explains in a clear manner how during and around the sports you are mentally resilient. The brain is trainable , this book makes it easy with applicable exercises how to do this.The insights from the book I use in coaching my daughters hockeyteam . In the process the girls learn eg to focus on their current actions and not on that difficult opponent or bad whistling referee . As a hockeyreferee I learn on the basis of practical exercises in the book how I can focus on the game and make the right decisions without letting hinder me in this by the comments of the players and spectators.In short, more enjoyment and better results!

This book is like a pocket size mental coach, to take with you anywhere you go. It helped me to observe myself better (thoughts, feelings, actions), and from that point to take other decisions than I maybe used to, to stay calmer in some occasions, to recognize the joy of learning something etc.

It's an ongoing process! You can read and re-read 'Mindset' and it will serve you allways in any way. Not only for sportsmen and women... it's a powerful book for anyone who wishes to manage himself/herself better in a mindful way.

Need help to focus your attention and improve your self-management? The Mindset method works! It's for all ages, all levels in sports. Indispensable reading for anyone who wants to improve her/his performance, both on and off court. Jackie Reardon's approach to improve mental strength is down to earth, easy to implement and fun. I have been using its tools and techniques both as a tennis player and coach, and experienced immediate results. And having read it about 5 times now, it continues to inspire. A true gem!

An incredible read. My journey started when I heard the phrase "outside your comfort zone is where the magic happens". The simple concept that while it's natural to seek out comfort, it limits growth changed my outlook on life. Learning the difference between "action thinking" and "story thinking" has been transformative. If you want to improve yourself and become a better you, do not think twice. Just buy this book!

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