

**MENTAL TOUGHNESS IN SPORTS (HYPNOSIS &
SUBLIMINAL)**

Douglas Chafin

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Visualize yourself performing at your absolute peak. These
reasons can include parental expectations, a desire for glory,
insecurity, victory for a team, and .

Ithelpssurfer'ssensewherebetterwavesare,skatersfeeltheabilitytodon

The study tracks 3 separate groups. Olympic athletes train
constantly and dedicate themselves to their craft. You would
stay cool, calm, and collected under the pressure, as you
would know that you are capable of reaching these goals.

ActionsShares.If possible follow it all the way to your belly,
and then back up, releasing any tension as you go. Hi Matt,
Mate I love this field.