

The Complete Athlete

author: Jack Henderson

2026-07

Synopsis

author	Jack Henderson
readBy	Dan Levy
inLanguage	english

Discover the secrets used by world-class athletes to help you change your mindset and unleash your full athletic potential, without the need for expensive sports psychologists!

Sports psychology is often regarded as the key to success, but unfortunately, it typically comes with a hefty price tag that many self-supporting athletes just cannot afford. Thankfully, there are ways you can implement evidence-based and thoroughly researched techniques to improve your game and change your psychological state from loser to winner!

In *The Complete Athlete*, you will discover:

- The number-one secret to upping your game so you can beat rivals and prove you are becoming an elite
- Scientifically backed ways to change your mindset and overcome psychological barriers
- Interactive activities to help you set clear and concise goals so you can feel more driven toward your most positive outcomes
- Twelve ways to improve your trust with coaches and teammates
- Essential advice on creating an effective pregame ritual that will boost success tenfold
- Twenty-four ways you can improve your self-discipline to gain an edge over the competition
- How to improve your reflections and encourage positive changes to enhance your performance
- The seven vital things you need to be doing in recovery—don't risk injury because you don't know what you are doing!

Be proactive and embrace a new way of thinking that can drastically improve your performance and get you on track to be at the top of your game.

Discover how to reach your full potential and become an elite athlete at the top of your game.

Reader's comments

comment 1:

â€"â€" ()