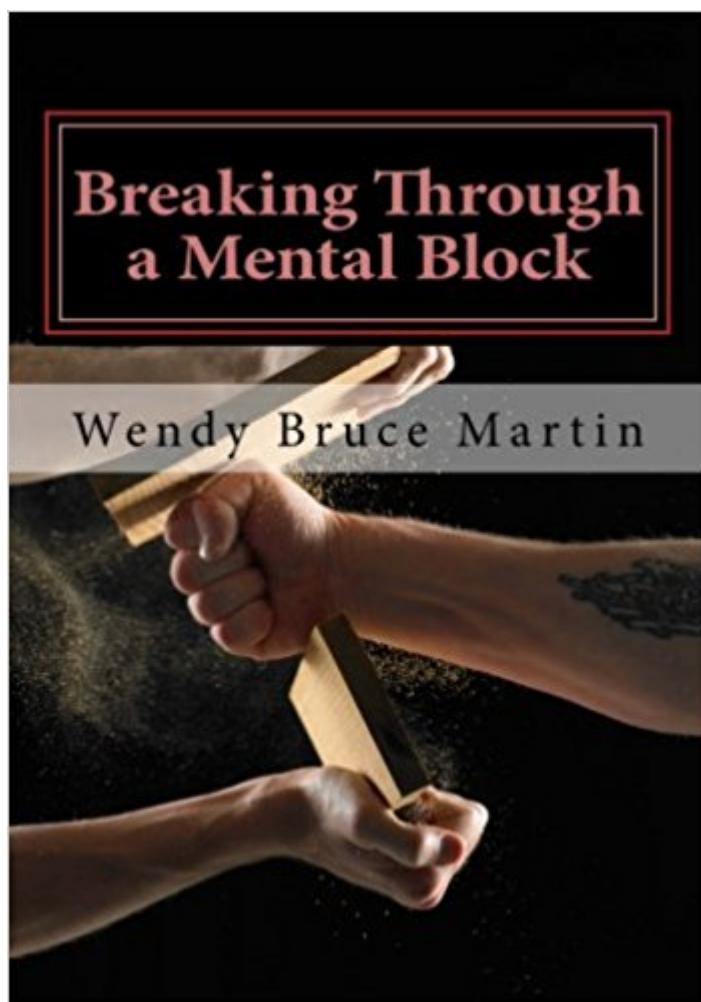


The book was found

# Breaking Through A Mental Block: The Athlete's Guide To Becoming Fearless



## **Synopsis**

Athletes need to be physically strong and mentally tough to be able have a peak performance. Some challenges that can get in the way are fears and mental blocks. Parents, coaches, and athletes can feel frustrated when they don't know where to turn for help. 1992 Olympian Wendy Bruce created this workbook to guide athletes toward a breakthrough. This workbook is filled with worksheets and activities that engages the athlete and teaches them the tools they need to fight through. Wendy uses sports psychology theories along with her experience competing at the International and Olympic level to create a step-by-step plan on what it takes to win the mental game. If you are a sports parent that have a child with fears or mental blocks, this workbook is for you.

## **Book Information**

Paperback: 88 pages

Publisher: CreateSpace Independent Publishing Platform; 2 edition (March 15, 2016)

Language: English

ISBN-10: 1530575354

ISBN-13: 978-1530575350

Product Dimensions: 7 x 0.2 x 10 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 4 customer reviews

Best Sellers Rank: #612,012 in Books (See Top 100 in Books) #144 in Books > Sports & Outdoors > Miscellaneous > Olympic Games

## **Customer Reviews**

Wendy Bruce was a member of the bronze medal winning 1992 Olympic Gymnastics team. She coached gymnastics for over 20 years, received her degree in psychology, and owns her own mental training company, Get Psyched. Wendy has two daughters in competitive all-star cheerleading. Wendy has experience as an athlete, coach, parent, and mental coach and has a unique approach to empowering athletes.

Helpful book . 4 yrs of gymnastics and all of a sudden couldn't co doing her skills. Now much better at most of them after using book. Set up nicely

Great!

Excellent advice from Wendy Bruce Martin. She writes well and it's comforting to know she has been there.

As a military family, we move every other year. Last fall, my daughter started with another new team, in another new state. She instantly clammed up, became fearful, and "lost" many skills that were easy for her in her old gym. This book came recommended and my daughter started to read it immediately. Within days, she was able to begin progressions for the lost skill that gave her the most fear: the layout bars dismount. She couldn't let go of the bar. She was so afraid. She read the book on the way to a private lesson within a week of owning the book, and in that one hour lesson, she was able to let go of the bar and do a tuck flyaway. I'll never forget the look on her face and the high five and hug she got from her coach. In no time, she was able to get the layout dismount back and even became the Uneven Bars State Champion in March. From my daughter: "I would not have been able to do that flyaway without Wendy's book." This book is a game-changer. Thank you, Wendy!

[Download to continue reading...](#)

Breaking Through a Mental Block: The Athlete's Guide to Becoming Fearless Crazy Is My Superpower: How I Triumphed by Breaking Bones, Breaking Hearts, and Breaking the Rules  
Building Faith Block By Block: [An Unofficial Minecraft Guide] 60 A-to-Z (Kid Only) Survival Secrets  
The Unofficial Holy Bible for Minecrafters Box Set: Stories from the Bible Told Block by Block  
Knitting Block by Block: 150 Blocks for Sweaters, Scarves, Bags, Toys, Afghans, and More The  
Quilt Block Cookbook: 50 Block Recipes, 7 Sample Quilts, Endless Possibilities Manhattan Block by Block: A Street Atlas ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) On Becoming Fearless...in Love, Work, and Life The Best Tennis of Your Life: 50 Mental Strategies for Fearless Performance Scripture and Sport Psychology: Mental-Game Techniques for the Christian Athlete Puppy Training: The full guide to house breaking your puppy with crate training, potty training, puppy games & beyond (puppy house breaking, puppy housetraining, ... dog tricks, obedience training, puppie) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Breaking Ground, Breaking Silence: The Story of New York's African Burial Ground (Coretta Scott King

Author Honor Books) Stolen Innocence: My Story of Growing Up in a Polygamous Sect, Becoming a Teenage Bride, and Breaking Free of Warren Jeffs Becoming Me: Becoming Me by Caitlin O'Connor (Diary of a Teenage Girl Book 1) 50 Things to Know About Becoming a Virtual Assistant: The Secrets to becoming a Great Virtual Assistant Thinking Inside the Crease: The Mental Secrets to Becoming a Dominant Lacrosse Goalie The Mental Game of Volleyball (Masters of The Mental Game Book 19)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)