



## Smart Curling: How to Perfect Your Game Through Mental Training

By Vera Pezer

Fifth House Publishers. Paperback / softback. Book Condition: new. BRAND NEW, Smart Curling: How to Perfect Your Game Through Mental Training, Vera Pezer, Success in curling demands outstanding skill and strategy, but getting and keeping the champion's edge requires even more. Exceptional psychological skill is imperative. Ask the experts. In "Smart Curling," champion Vera Pezer uncovers these secrets for those who are committed to curling excellence. Winner of countless championships, she knows all about "hurrying hard" while keeping her cool to win. From the perspective of competitor and that of sports psychologist, Pezer illustrates how to maximize motivation and concentration while effectively managing stress and distractions. She teaches about self regulators and confidence and outlines the relationship between practice and competition. She helps players understand and practice excellent communication - verbal and nonverbal. And she outlines team dynamics to understand and work with the various personalities and roles of team members and coaches. Loads of examples and illustrations elucidate the sound theory in "Smart Curling" while its worksheets (downloadable from the internet) are designed to help players complete the exercises required to perfect their game through mental training.



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-- **Noemie Hyatt**

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Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



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Gallopade International. Paperback / softback. Book Condition: new. BRAND NEW, The Mystery on the Great Wall of China, Carole Marsh, Mimi, Papa, Grant, and Christina are headed to China in Papa's little red and white airplane, The Mystery Girl. Thousands of miles...



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HarperCollins Publishers Inc. Paperback / softback. Book Condition: new. BRAND NEW, Hawk: Occupation: Skateboarder, Tony Hawk, Sean Mortimer, For Tony Hawk, it wasn't enough to skate for two decades, to invent more than eighty tricks, and to win more than twice as...



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DK Publishing (Dorling Kindersley). Paperback / softback. Book Condition: new. BRAND NEW, DK Readers L1: Feeding Time, Lee Davis, DK Publishing, Linda Martin, This Level 1 book is appropriate for children who are just beginning to read. Which animal enjoys breakfast in...