

Title:

How important is MIND in sports?

Word Count:

287

Summary:

Athletes may possess 100% physical fitness but if he/she is not mentally fit, the physical fit

Keywords:

Mental toughness, developing mental toughness, basketball mental toughness, mind, mind game, s

Article Body:

We all know sports are all about physical fitness and physical endurance. What we also know fo

Athletes may possess 100% physical fitness but if he/she is not mentally fit, the physical fit

Physical training teaches the body the physical attributes and tunes the body to use the skill

It is important to realize the enormous power of thought and its effect on performance. Sport

Self Hypnosis, NLP (Neuro Linguistic Programming) and EFT (Emotional Freedom Therapy) can play

Hypnosis is a tool, which we can utilize to enhance or enable whatever we set our minds to acc

Together these three terrific techniques will greatly help the sports people in enhancing, imp

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