



A Mind 4 Cricket: Raise your game with mental training

Paul M Maher Phd

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A Mind 4 Cricket is a thoroughly comprehensive guide to mental training for cricketers written by Paul Maher, a sports psychologist and clinical hypnotherapist.

Used as a step-by-step guide it covers belief, self-awareness, self-criticism, mental and physical training, anger control, 'reframing', 'anchoring' and fear.

Cricketers keen to improve their potential by using mental skills training in overcoming physical and psychological limitations can find answers within this book.

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