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How To Be A Winner All The Way – Hypnotherapy For Sports Performance

By Richard MacKenzie

Human beings have always been fascinated with sports, and over the years we have had

sportsmen and women who have become legends in their own right. Consistent in their performance, with unmovable dedication and perseverance, these sports stars have become icons for future generations. What is it that makes these players so unbeatable? How is it that they can turn in one winning performance after the other in their preferred sport? And is it possible for you to get the winning streak, much like your revered player? The truth is that it is entirely possible for normal human beings to inculcate and develop sporting genius through an ingenious process known as hypnotherapy for sports performance.

Sport is a very competitive field, and in today's world it means big business. It is important for a player's success that he or she is in top form all through their careers, but it is not always possible to maintain a steady performance; health problems, lack of confidence, deviating concentration can lead to a player's downfall. Even sporting greats like Maradona, have faced problems due to dealing with the pressure of being a star sportsman. There is a lot of money being pumped into the business of sports, and most of the competing teams and players go through rigorous training and counseling before a big series. Little is known about the fact, that hypnotherapy for sports performance is one of the much favored coaching techniques which contribute to a player's winning performance. Though hypnotherapy comes in handy while improving a player's concentration and focus, it is not much talked about due to the misleading taboo attached to hypnotherapy.

Hypnotherapy for sports performance is all about increasing a player's ability to concentrate and focus on the techniques of their game. Through various methods such as auto suggestion, visualization and Neuro-linguistic programming (NLP), hypnotherapy works on a subconscious level to help a player be calm in the face of tension, and give in 100% concentration to their game without being distracted. The ultimate goal for any player is to win the game, and hypnotherapy for sports performance gives them the required edge. Hypnotherapy relieves stress through helping players to relax. When a person is relaxed their minds are clear and they are able to focus better. By focusing better, a player can concentrate on the ultimate goal of winning. Hypnotherapy also uses the technique of visualization to help players strategize better; it allows them to break their winning stroke down to the smallest part and helps them replay it in their minds over and over again. For example, a cricket player can go over his

sweep shot repeatedly to memorize every move in his body while he makes it. This will enable him to perform the same shot to perfection in the future games. Hypnotherapy for sports management also helps players to anticipate beforehand the moves made by the opponent's team, so that they can devise new strategies to handle these situations.

Hypnotherapy for sports management is useful in a variety of games - from golf to cricket, from baseball to tennis; it has the ability to hone your sporting technique effectively. I have dealt with a number of teams and players in my career, and the effects of hypnotherapy on them are very visible. Gone are the mental blocks that cease them from time to time; they are more confident of themselves and their game. And nothing could provide a person with the X factor required for winning a game, than a belief in oneself that they can do it!

Get that sporting edge with Richard MacKenzie's Hypnotherapy for Sports Performance at

<http://www.richardmackenzie.co.uk/sports.htm>

and also check out his Hypnosis Downloads at

<http://www.richardmackenzie.co.uk/et.htm>

Hypnotherapy For Sports Performance - Getting The Winning Edge

By Terry Doherty

Adversity causes some men to break, and others to break records. –Anonymous

Sports have been around for centuries; the Greeks, the Romans, the Egyptians and the Indians have all had a history of sports in their culture. Humans as a species love to play, and revel in watching others rough it out through a good game. Why else would football be a religion in countries across the world? Why would Tennis and Cricket take over the imagination of an entire continent? Why would baseball and basketball take America by storm? Sport as well as sportsmen and women have always been revered by the people, some like Pele, and Sir Don Bradman went on to become icons to the coming generations. But ever wondered how they managed to keep up their top class performance all along? Today, we know that sportspeople go through a variety of training and coaching to be on top of their game; but not many would be aware that hypnotherapy for sports performance is widely used by players and coaches all across. From individual players to entire teams, people have been seeking focus through hypnotherapy, and today it is possible to access hypnotherapy in High Wycombe and Buckinghamshire.

Hypnotherapy is all about being calm and relaxed. It works on the principle of auto suggestion, and can help reinforce our confidence in ourselves. It also effectively increases our concentration levels and helps us focus on things singularly. Hypnotherapy is about relieving stress through visualizations and relaxing techniques. So, why hypnotherapy for sports? The answer is simple, sports is all about being on top, to be free of all distractions so as to single mindedly chase the goal; the goal being winning.

How To Be A Winner All The Way – Hypnotherapy For Sports Performance

Hypnotherapy helps sportspeople improve their performance on three counts. First it helps them relax and calm their senses even while being in the middle of a game; by being calm and free of stress one can think clearly. Secondly, it helps a player focus undivided attention on the goal; if one has greater concentration one can chase the target home. Thirdly, it helps them in anticipating strokes and right moves before a game, through the help of visualization.

Hypnotherapy through Neuro–Linguistic Programming (NLP) and other relaxing techniques helps players be in a constant "in–form" state. Every player experiences phases in their careers, when they are either on top of the game or just can't seem to get anything right in their game. These are ups and downs in each player's life; however through hypnotherapy for sports performance one can maintain this state of control and form. Through visualizations, the perfect move can be broken into individual parts. Let's say for a tennis player the visualizations of a perfect serve or backhand can be repeated over and over in the mind – movement of muscles, incline of the hand, turn of the wrist et al. Similarly in a game like basketball or baseball, one can anticipate the opponent's every move and thus come up with a strategy. Hypnotherapy lets players and teams strategise well in advance, and to perfect their game through constant repetition and auto suggestion.

Though it is not widely known, a lot of players and teams have their own hypnotherapists who they consult before every big game. It is said that in the 1956 Olympics in Melbourne, the Russian team had no less than 11 hypnotherapist travel with them; similarly captain of the English cricket team Mike Brearley, had a medical hypnotherapist give him medical advice on the Australia tour.

Hypnotherapy is a great way of getting the winning edge. It helps you hone your skills and techniques, it helps you focus and avoid distractions; it helps you strategize and pre–empt the moves of the team

you are playing against. It helps you overcome mental barriers and doubts, through the power of positive thinking. The effects are visible and fast, and what's more it's possible to gain access to hypnotherapy in High Wycombe and Buckinghamshire. So go ahead, try hypnotherapy for sports performance to be a winner all through life.

Terry Doherty is a world renowned Hypnotherapist and life coach. Find out more about his Hypnotherapy in High Wycombe practice, go to -

<http://www.mind–works.com>

. He is also the creator of

a range of Hypnosis Downloads at

<http://www.double–powered–hypnosis.com>



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