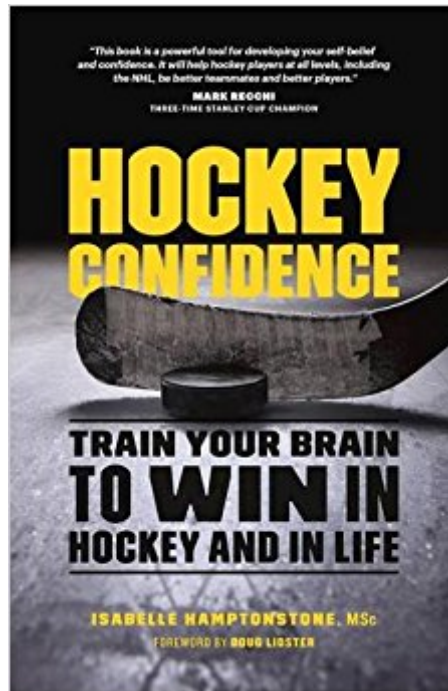




The book was found

Hockey Confidence: Train Your Brain To Win In Hockey And In Life



Synopsis

"This book is a powerful tool for developing your self-belief and confidence. It will help many NHL hockey players be better teammates and better players."—Mark Recchi, three-time Stanley Cup champion & Hockey Hall of Fame Inductee

Confidence affects how we deal with stress and how we fulfill our potential to achieve the results we desire. In sports and in life, confidence is the underlying factor determining mental and physical performance, leading to overall success. This book by experienced mental performance specialist Isabelle Hamptonstone contains a collection of powerful techniques and tips to help hockey players overcome lack of confidence. Clear instructions and illustrative case studies show how training the brain to develop and sustain hockey confidence can upgrade results and help players make smarter, quicker decisions under pressure.

Hamptonstone shares step-by-step guidelines gleaned from her years of research working with the giants in the game of hockey. Some of the greatest hockey players in the world have used these very same steps to change their game and their lives. Added to this base of personal knowledge, the book references inspiring moments of mental performance by Wayne Gretzky, Doug Lidster, Scott Niedermayer, Shane Doan, Darryl Sydor, Jarome Iginla, and Mark Recchi. This pragmatic and positive book is a game-changing guide and valuable resource for anyone interested in high-performance hockey, as well as a valuable tool for self-development.

Book Information

Paperback: 192 pages

Publisher: Greystone Books (September 20, 2016)

Language: English

ISBN-10: 1771642017

ISBN-13: 978-1771642019

Product Dimensions: 5.4 x 0.6 x 8.4 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #393,454 in Books (See Top 100 in Books) #14 in [Books > Sports & Outdoors > Coaching > Hockey](#) #99 in [Books > Sports & Outdoors > Hockey](#) #227 in [Books > Sports & Outdoors > Winter Sports](#)

Customer Reviews

"This book is a powerful tool for developing your self-belief and confidence. It will help many NHL hockey players be better teammates and better players. And it will help you deal with the ups and

downs of hockey, and develop a steady state of mind so that you can play more consistently. Along with the drive, commitment and passion?this adds up to hockey confidence." —Mark Recchi, three-time Stanley Cup champion"I believe the mental part of hockey and positive thinking is very important. Isabelle has provided interesting and helpful insights."—Jarome Iginla, NHL, All Star, Canadian World Junior, World Cup and World Championship Team; Calgary Flames, Pittsburgh Penguins, Boston Bruins, Colorado Avalanche"The game of hockey is a tough sport, physically and mentally. Growing up I heard ‘The game of hockey is 10% physical and 90% mental.Ã¢â This book gives you the tools that will help with the 90%."—Darryl Sydor, NHL All Star, Stanley Cup Champion; Los Angeles Kings, Dallas Stars, Columbus Blue Jackets, Tampa Bay Lightning, Pittsburgh Penguins, St. Louis Blues"From playing at the NHL level for three seasons, I've seen first hand that it's the mental toughness and confidence that sets the great players apart from the good players. The tools found in this book will help grow your confidence and equip you to be mentally tough in big game situations." —Riley Nash, NHL, Carolina Hurricanes"IsabelleÃ¢âs book will be so helpful to a young player struggling with all the emotions of being on a team." —Mark Kachowski, NHL, Pittsburgh Penguins"I feel confident that this book can be beneficial to various people who deal with adversity and insecurity, parents and teenagers, coaches and athletes of all levels"—Guy Charron, NHL, Montreal Canadiens, Detroit Red Wings, Washington Capitals, Calgary Flames"Enjoy reading this book and building your own Hockey Confidence!"—Doug Lidster, NHL, Stanley Cup Champion, Canadian Olympic Team

Isabelle Hamptonstone MSc. is a mental performance specialist with ten yearsÃ¢â experience focusing on the brainÃ¢âs ability to overcome confidence obstacles. She is the CEO of Brain Train International, which helps professionals in business, elite sport, public service, and leadership positions become more competent, confident, efficient, and successful. She specializes in eliminating unhelpful patterns of thought to establish optimum levels of performance under pressure.

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

Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Hockey Confidence: Train Your Brain to Win in Hockey and in Life Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players. Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your

Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) 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) Charisma: Discover How to be More Charismatic, Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks (Charisma, Confidence, Self Confidence, ... Influence, Persuasion, Mind Hacks, Book 7) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Dog Training -Train Your Dog like a Pro:The Ultimate Step by Step Guide on How to Train a Dog in obedience(Puppy Training, Pet training book) (Dog Taining, ... training books,How to train a dog, Book 2) Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power Roulette Rockstar: Want To Win At Roulette? This Simple Roulette Strategy Helped An Unemployed Man Win Thousands! Forget Roulette Tips You've Heard Before. Learn How To Play Roulette and Win! Hard to Believe!Cavs win the NBA Championship! Indians win the AL Championship! Browns win a game! Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2) Activate Your Brain: How Understanding Your Brain Can Improve Your Work - and Your Life Hockey: Hockey Made Easy: Beginner and Expert Strategies for Becoming a Better Hockey Player Puppy Training 101: Everything You Need to Train Your Dog at Home, Including Step-by-Step Directions, Solutions to Common Problems, and Suggestions for ... tricks,train your dog,Puppy training books) Spalding's Athletic Library - The Games of Lawn Hockey, Tether Ball, Golf-Croquet, Hand Tennis, Volley Ball, Hand Polo, Wicket Polo, Laws of Badminton, Drawing Room Hockey, Garden Hockey Dragons: Defenders of Berk Volume 2: Snowmageddon (How to Train Your Dragon TV) (How to Train Your Dragon Graphic Novels)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help