



## Sports Slump Busting

*By Alan S. Goldberg*

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### **Sports Slump Busting** By Alan S. Goldberg

Sports are full of ups and downs. But the best athletes and teams are mentally tough and bounce back quickly after an off day. In *Sports Slump Busting*, Dr. Alan Goldberg presents a 10-step program that's benefited hundreds of coaches, slumping athletes and teams in a wide variety of sports, at every level of competition. A positive, more confident mind-set boosts slumping athletes out of their ruts and keeps them clear of performance lapses. The practical mental strategies presented in this book will help athletes play better and more consistently. Each step in the program includes real-life examples and self-evaluation exercises to apply in training or competition to ensure success. Use *Sports Slump Busting* to perform at a higher level and to stay slump-proof through every season.

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### Editorial Review

#### About the Author

Dr. Alan Goldberg is a prominent Sports Performance Consultant, author, and internationally-known expert in peak performance strategies. Dr. Goldberg works with athletes and teams across all sports at every level, from professional and Olympic caliber right down to junior competitors, and specializes in helping athletes overcome sports fears & blocks, snap out of slumps, and perform to their potential!

Dr. Goldberg trains coaches at every level as well as parents to help insure that the relationships that they develop with their athletes/children are healthy and successful. Over the past 32 years, Dr. G has been committed to changing the landscape of youth sports through the education of coaches and parents, helping them understand what young athletes most need from the adults involved to feel confident and perform like champions. His workshops focus on the qualities of "good coaching" which include teaching with integrity, developing mutual respect, modeling appropriate behavior, creating a safe environment for learning and excelling, maintaining an adult perspective as to what's really important and understanding that good coaching far transcends the win-loss outcome of an athletic contest.

Dr. Goldberg is the author of 35 mental toughness training programs and books for athletes, coaches, and parents.

### Users Review

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Sports Slump Busting can be one of your beginning books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to set every word into pleasure arrangement in writing Sports Slump Busting nevertheless doesn't forget the main level, giving the reader the hottest in addition to based confirm resource data that maybe you can be among it. This great information can drawn you into completely new stage of crucial pondering.

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