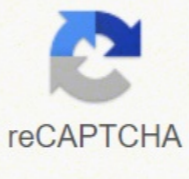




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With winning in mind pdf download

Description: With Winning in Mind: The Mental Management System: An Olympic Champion's Success System Transcript,Table of ContentsDedication Introduction Foreword Section One - What is Mental Management? Chapter 1 - It Doesn't Matter If You Win Or Lose, Until You Lose. Chapter 2 - Winning is a Process. Chapter 3 - The Principles of Mental Management Chapter 4 - The Balance of Power Section Two - Building the Conscious Circle Chapter 5 - The Mental Management Goal Setting System Chapter 6 - Principle of Reinforcement Chapter 7 - Rehearsal, the Most Versatile Mental Tool Chapter 8 - The Three Phases of a Task Chapter 9 - Running a Mental Program Chapter 10 - Pressure - Friend or Foe Chapter 11 - The Number One Mental Problem Section Three - Building the Subconscious Circle Chapter 12 - The Skills Factory Chapter 13 - Performance Analysis Section Four - Building the Self-Image Circle Chapter 14 - Building a Better You Chapter 15 - Directive Affirmation - The Power Tool for Self-Image Change Chapter 16 - Making the Directive Affirmation Work for You Chapter 17 - Decisiveness Chapter 18 - Become a Promoter Chapter 19 - The Challenge The Journey of a Dream More About Mental ManagementWith Winning in MindThe Mental Management System An Olympic Champions Success SystemLanny BasshamWorld and Olympic ChampionCopyright 2011 by Lanny Bassham. The term Mental Management is registered and owned by Lanny Bassham. All rights reserved. ISBN 978-1-934324-22-

DedicationToHelen,myreasonforwinning.TotheSonomanthroughWhomallthingsarepossible.TothememoryofWilliamandNatalouBasshamforthe fundamentalvalues.TomysonsBrianandTroymydaughterHeatherformakingme feellikeachampion.ToallOlympiansfortheinspiration.Tomystudents,championsall,fortheirpassionforthementalgame.IntroductionBe careful of the people no one wants on their team, the ones that are too small, too slow and not very capable. The unwanted have a built-in motivation to do whatever it takes to succeed that those that are picked first do not have. This is a story of such a person and what he did to find his place at the top of the world in his sport. Im that person and this book is an introduction to what Ive learned. Ive done my best to make this book easy to read and to the point. I believe there is a mental system that when used will speed up the process of getting to the winners circle. I am well aware that there are many fine self-improvement books available. Psychologists, motivational speakers, religious leaders and business professionals write them. A competitor writes this one. The Mental Management System is not based on psychology, instead it is 100 percent based on competition. I did my apprenticeship in the arena of Olympic pressure. My credibility is not based on the courses I took in college; its in my gold medals and the medals of my students. Its not theory; its simply what works. My goal in this book is to share the mental techniques that I have discovered and used to win with you. --LannyBasshamForewordbyBenCrane,PATourPlayerWhen Fred Funk first told my wife and me about Lanny Bassham we felt like we had heard about sports psychologists before. I had read books and tried other methods of achieving mental consistency. This was different. This was someone who had gone to the Olympics and knew he was good enough to win, but didnt have the proper mental system to get the job done. So Lanny set out on a four-year journey to get back to the Olympics and shoot in a way that he would be less affected by the environment and more concerned with his personal mental program. I have felt much of the same in big golf tournaments. I had the physical skills but I didnt have a plan for what I was going to do when things arose in the rounds that needed mental toughness. I have been paying close attention to how I feel and react in tournaments and I have concluded like most golfers that the game is a 90 percent mental. Now I want to clarify that I have put in many years of physical practice to get my skills to their current level and one of my goals is to continue to develop them much further. But to reach my goals I knew that mental consistency had to become my goal as well. Mental Management has shown me how to think before the shot, during the shot, and after the shot. As most everyone knows I have had issues with playing slow on the golf course. I think its safe to say that I was a tough case when I first decided to go see Lanny and Troy Bassham at Mental Management Systems. My mind was overactive when I was trying to hit golf shots and so I would waggle over the ball until I would get so frustrated that I would just forget everything and hit the shot. Because of their help I have come a long way in the last few years. I have started to feel the trust come up and the try go down as my mental program gained consistency. I remember feeling this really soft, peaceful place in my mind as I was coming down the stretch trying to win my 3rd PGA Tour event. I used to try to wake myself up from that peaceful place as if to say to my Subconscious your not trying hard enough. Later the same year I had a 10 foot putt to win in Malaysia and I remember praying for peace as I walked onto the green and not feeling pull from the environment, but just a quiet very soft place. Everything just washed away and I was just entirely focused on running a good mental program, not trying to make a result happen. The more I have committed to the process the more I have gotten out of it. I can relate it to my faith in Jesus. The more I put into knowing Him the closer I feel to God. When I loose my dependence on Christ and start trying to do things on my time line I begin to try not trust. I feel my mental game is similar, when I make it primary instead of focusing on results, I have a lot more success. With Winning in Mind is a reference book on the relationship between thinking and performing while under pressure taught by a person who has lived what he teaches.Section One - What is Mental Management?Chapter 1 - It Doesn't Matter If You Win Or Lose, Until You Lose.I always wanted to be a winner! For as long as I can remember, I have loved winning. I noticed in elementary school that the kids who won the races were always the happiest. All the other kids would come up to them and say, That was great, youre super! But it never happened to me. I never won a race in my life. I wasnt even good enough to be average. You know what they say about average: the best of the worst or the worst of the best! Well, I was among the worst of the worst. No one ever comes up to the loser and says, Nice Job! unless it is a rebuke. I was always smaller, slower and weaker than the winners. I wanted the recognition, but I was unable to earn it as an individual. So, I decided to try team sports. I was the last person picked on the baseball team. I got alternate right field. If you have ever played Little League baseball, you know that they seldom hit the ball to right field. So, thats where you put your worst player and I was the alternate. Memories can be painful. Its a Little League game and Im in right field when I hear a funny crack of the bat. A ball has been hit to me. I had never seen a ball like that before. It was smoking, heading straight for me and I couldnt get out of the way. All I had to do was catch it and be a little bit of a hero for the first time in my life. Instead, the ball hit me right between the eyes. Two runs scored before I could throw it in. Everyone thought it was funny but I went home in tears. My father was a military officer and a war hero. As an only child, I wanted more than anything to make him proud of me. He was a tough guy and I felt I had let him down. I remember telling him Im sorry Dad. Im just no good! He said, No! You are mistaken. There is nothing wrong with you, son. You just havent found what you are good at yet. Keep looking. Why not try something where the balls are bigger and easier to catch? So, the next year I tried out for basketball. The coach carefully selected the players and their positions. The guards, center and forwards were selected. I remained on the bench. Thats where I sat out the season. Again, I was the last one to play in the games and I was beginning to develop a super-low self-image. I especially remember one game. The ball got away from one of the other teams players and it bounced toward me. This time I knew exactly what to do. I would make certain I caught the ball this time and go in for an easy lay-up. As I got to the ball, a thought crossed my mind: Is that our goal or is the other one ours? I had forgotten. In my moment of indecision, I accidentally kicked the ball out of play. I was a failure in everything I had tried and I was ready to give up on sports. People say that it doesnt matter if you win or lose. But when you lose it matters and it hurts! One day after studying the Olympics in class our sixth-grade teacher said, Its possible that one of you might one day win an Olympic Gold Medal. Who do you think has the best chance of winning a medal in this class? A boy sitting next to me stood up and said, I dont know who has the best chance but I do know who has the WORST chance; Lanny! Thats when losing hurts and I was losing a lot. I made up my mind that some day I would show that kid. I had to find a sport that would take a short, slow athlete to the Olympics. One day a friend of mine invited me to a rifle club meeting. What do you do at a rifle club meeting? I asked. We shoot rifles. Its fun and its an Olympic sport, he said. I was interested. How strong do you have to be to be a rifle shooter? You dont have to be strong. The rifles arent that heavy! He said. How tall do you have to be to be a rifle shooter? You dont have to be tall. OK, how fast do you have to be to be a rifle shooter? You dont understand, he replied. You dont have to be tall or strong or fast. All you have to do to be the best rifle shooter in the world is st

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