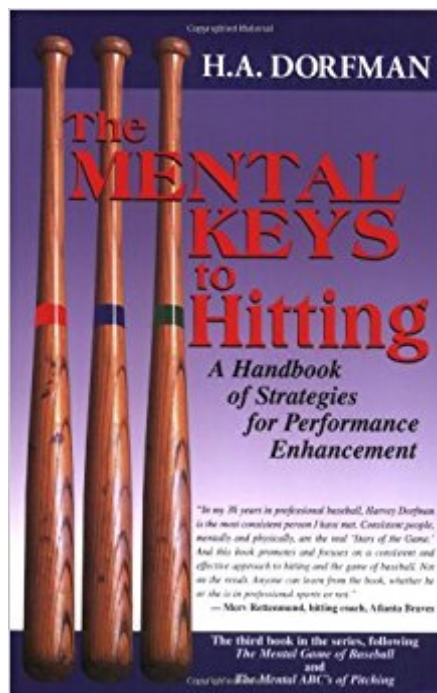




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# The Mental Keys To Hitting: A Handbook Of Strategies For Performance Enhancement



## Synopsis

This is the third book in the popular series by H.A. Dorfman. It outlines the mental discipline and practices necessary to become a better hitter.

## Book Information

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Best Sellers Rank: #97,027 in Books (See Top 100 in Books) #25 in [Books > Sports & Outdoors > Coaching > Baseball](#) #80 in [Books > Reference > Encyclopedias & Subject Guides > Sports](#) #83 in [Books > Sports & Outdoors > Miscellaneous > Reference](#)

## Customer Reviews

"...helpful to hitters in little leagues or in the big leagues. The information is clear and to the point..." -- Charles Johnson, catcher, Florida Marlins "...promotes and focuses on a consistent and effective approach to hitting and the game of baseball. Not on the result." -- Merv Rettenmund, hitting coach, Atlanta Braves "He is to the athletic psyche what Harvey Penick was to the golf swing..." -- Jeremy Schaap, ESPN national correspondent, host of "Classic Sports Reporters" on ESPN Classic

H.A. Dorfman was a noted sports psychologist as well as a sports psychology counselor with the Scott Boras Agency. Recognized as a leading sports psychologist across the world, Dorfman was also a columnist and freelance journalist with articles appearing in The New York Times, The Boston Globe, and The Miami Herald. He has authored three other books: Coaching the Mental Game, The Mental ABC's of Pitching, and The Mental Keys to Hitting.

Can't say enough about this author or this book. We bought everyone on our 14u travel team a copy, assigned them three chapters a week, and after the first week most of the boys were already reading ahead and talking about it among themselves. The author keeps his lessons simple and direct and backs them up with examples from the major leaguers he's worked with. We strive to

make our players as independent as possible at this age, and this is a great way for them to develop a consistent mental approach to their at-bats and to understand how to set goals, self-coach, and manage expectations. Every serious baseball player from 12 on up should read this book.

Excellent book on the mental side of hitting. I have worked with coaches that have insisted on hammering mechanics, completely ignoring the commonly held belief that hitting is 90% mental. The mental side of hitting shifts focus from the result (I.e. getting a base hit) to being confident and maintaining control of the entire at bat.

Every Ball player must have a copy of this book. Read it, read it again, and again. I decided to play hardball after a 13 year layoff and now I am 46. Last year I batted .216. Picked up the book and halfway through the season I am at .438. passed the total amount of hits, walks, and only have a few strikeouts. I have changed nothing mechanically but everything mentally. HUGE difference!!! Not only is this book the greatest guide to hitting, it also doubles as a great guideline to life as well....,

Great resource. My grandson was 9 when he started reading it! Very good information for him.

The Mental Keys to Hitting is the Greatest most user friendly baseball coach's book ever. I thought the mental aspects of Seeing the ball were extremely effective. Most readers reading this review might think that every player is seeing the ball properly. Players do not see the ball as well as they should because they have never been taught the proper mind set of seeing the ball. Coaching hitters to see the ball is one of the most important things a coach can teach his players. This is absolutely not coached at any level of youth baseball. Mr. Dorfman does an excellent job of explaining this simple but often overlooked method of batting. I have bought The Mental Game of Baseball, The Mental Game of Pitching, and The Mental Keys to hitting. These three books are the TOP Three baseball coaching books ever written. I highly recommend this book and the other two books by Mr. Dorfman. This book will teach you the coach how to apply these mental principles to help you to effectively coach your youth league baseball team.

This book has been recommended by my son baseball head coach. I've never been so excited to explore and link the mental and physical strength of baseball game. This is a great book, which after reading we've been using it as a guidance and manual to our practice sessions. I really recommend

this book and is worth the time and effort spend by reading it. Price is the last thing that you should be worried or consider.

Great book and strongly recommend for any baseball player.

Summer reading for a college player

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