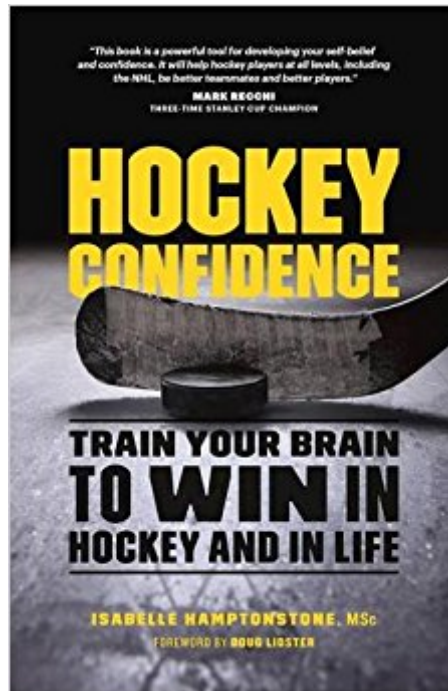




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# Hockey Confidence: Train Your Brain To Win In Hockey And In Life



## 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

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## 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." &#151;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."&#151;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 &#145;The game of hockey is 10% physical and 90% mental.â™ This book gives you the tools that will help with the 90%."&#151;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." &#151;Riley Nash, NHL, Carolina Hurricanes"Isabelleâ™s book will be so helpful to a young player struggling with all the emotions of being on a team." &#151;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"&#151;Guy Charron, NHL, Montreal Canadiens, Detroit Red Wings, Washington Capitals, Calgary Flames"Enjoy reading this book and building your own Hockey Confidence!"&#151;Doug Lidster, NHL, Stanley Cup Champion, Canadian Olympic Team

Isabelle Hamptonstone MSc. is a mental performance specialist with ten yearsâ™ experience focusing on the brainâ™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.

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