

MIND OF THE ATHLETE™

CLEARER MIND, BETTER PERFORMANCE

MIND OF THE ATHLETE PROGRAM

10+ HOURS SPORTS PSYCHOLOGY CURRICULUM

16 VIDEOS

CONFIDENCE
DEPRESSION
EMOTIONAL ENERGY
LOADED ISSUES
MISGUIDED TENSIONS
MOTIVATION
PERFORMANCE CURVE
SLEEP
THE 5 HURDLES
PRECONSCIOUS MIND
PSYCHOLOGY OF HEALTH
REASSURANCE
REHABBING AN INJURY
POSITIVE THINKING
TRAUMA AND DRAMA
VISUALIZATION

10 CDs

HOW THE MIND WORKS
MENTAL ENDURANCE
MENTAL STRENGTH
MIND OF THE COACH 1
MIND OF THE COACH 2
MIND OF THE PARENT 1
MIND OF THE PARENT 2
SLEEP
THE 5 HURDLES
RELAXATION VISUALIZATION

USED BY ATHLETES AT
UNIVERSITY OF MICHIGAN,
NOTRE DAME, OLD
DOMINION, CAL POLY,
AND PRINCETON!



“About one year before the London Olympics, I started using the *Mind of the Athlete Program* and was amazed at how much mentally stronger I became and how much better I competed. Dr. Spencer and his program reminded me to refocus on the important stuff, allowing me to compete at my best and as a result, I capped my career with my best international season ever. The biggest difference in that year was using *Mind of the Athlete Program*.”

~Matt Gentry
Canadian Olympic Wrestler

IMPROVING THE EMOTIONAL HEALTH OF ATHLETES

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