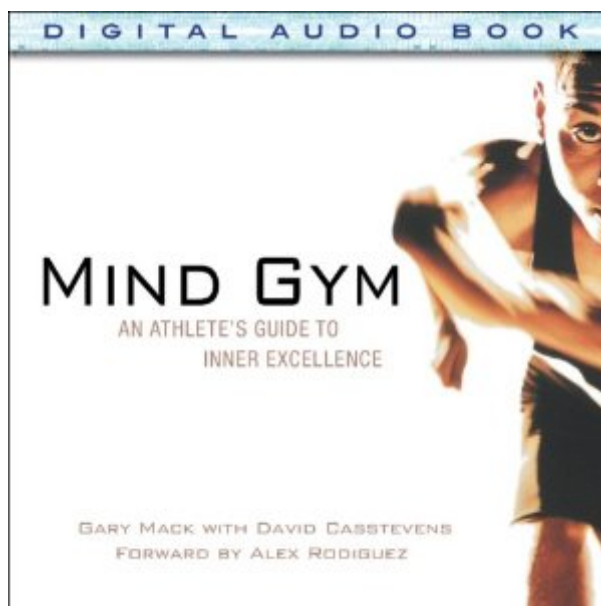


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# Mind Gym: An Athlete's Guide To Inner Excellence



## Synopsis

In *Mind Gym*, noted sports psychology consultant Gary Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so. Through 40 accessible lessons and inspirational anecdotes from prominent athletes - many of whom he has worked with - you will learn the same techniques and exercises Mack uses to help elite athletes build mental "muscle." *Mind Gym* will give you the "head edge" over the competition.

## Book Information

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## Customer Reviews

I found this book because it came up in a search for triathlon books, but I think it was mis-categorized. If you're into sports like baseball, football and golf, this would be an enjoyable read. Seems like 99% of his examples are in these three more traditional sports. But there are a number of issues that come up for endurance athletes (triathlon, marathon, long-course cycling) that aren't even touched on in this book. I think the author could do a second version that touches on how to continue pushing through the pain when you're 10 hours into a 15 hour effort to complete an Ironman and your head wants to quit. He touches on this in a chapter on determination, but it's one thing to sit on the sidelines and tell someone "don't quit!"; it's another thing to figure out how to manage what's behind your ears and he doesn't do a good job of addressing that. Or how to psychologically deal with a mass swim start. Or the psychological issues of training for 6 to 9 months for a single event. I read this entire book and felt like only about 1/4th could apply... maybe more if I was forced to make the connections myself, but that's not really what I was looking for. Not

saying it's a bad book, but if you're looking at this for endurance sports you might pass.

As a parent of a student athlete I read this book to learn ways to support him with learning to focus less on disappointments and more on having fun while playing the sport he loves. It made me reflect on how we can easily get caught up in the competitiveness of life without stopping to take a breath. Learning to focus on the everyday positive is a skill that will help my child in every aspect of his life.

If you are expecting substantive theoretical sports psychological insights from this book, you will be thoroughly disappointed. While the anecdotes presented by the author are amusing, they provide little to no substance. Often, they are redundant to the point where it seems the author is beating the dead horse where the dead horse used to be. Each chapter ends with a short 1-sentence summary. In my opinion, the book could easily be condensed to only the chapter headings and the 1-sentence summaries, although it would be much less entertaining that way. The 1-liners do contain good information, but, unfortunately, much of it is what I would consider common sense. Unless you can relate to baseball and other American sports, don't bother picking up this book. Most of the anecdotes are from the world of baseball. That said, the book is a very easy read. I do not question the author's abilities as a sports psychologist. But I had expected a book with much more substance.

This is a well written, concise look into a gamut of psychological skills related to sport performance. It is also a series of short stories from the author's career as a professional sport psychologist. It is an easy read and well done. What it is NOT is an introduction to sport psychology or a book that can help someone learn sport psychology unless they are already familiar with the topic. Good book, I liked it very much; but not a book from which one can learn sport psychology. It is a collection of stories and within each story there is a skill to be learned.

Wow, this one was disappointing. If you're a total newbie to sports psychology, you'll at least be introduced to the basics. But really, this book is just a collection of cute stories and cliched sports sayings.

Is anyone else put off by the fact that in the first few pages, he uses two examples of athletes who are "mentally tough" yet felt the need to cheat using steroids to improve their physical performance. I had to put the book down after the Mark McGwire quote about how he said the difference between

him and others was his "focus"... right.

Mind Gym's theories on sports psychology are not all that revolutionary. Any good coach will already understand the author's thoughts on discipline, preparation, confidence, positive imagery, etc.; however, there is substantial value in the dozens of anecdotes and stories from household name athletes. These examples make great talking points when explaining psychological concepts to kids. So, until I was almost finished with the book, I definitely enjoyed it. That was until the author revealed that he has all of his clients close their eyes and listen to "Hero" by Mariah Carey. Wow - talk about a blow to his credibility. If you believe you can overcome this horrendous nugget of info, then you will probably like this book. But if you, like me, find this just too much to bare, then don't waste your time.

I have just about every book on the topic of sports performance. I've read others that were more impactful and helpful. Granted, this book is good if you're just looking for some inspiration that might eventually lead you to results. For immediate results to use on one's game, however, this book isn't it! As another reviewer said, it's clumsily written. For my hard earned money, I'd like something that I can actually use on my game right away. If you're a couch potato athlete that only watches a game, this book is probably good. My brother-in-law loves it. He's never played a sport in his life, but is a big fan. For competitive athletes who are more interested in RESULTS and can get their cliches from TV announcers, this book isn't for them. I'd give it one star, but those who've met the guy seem to like him enough to log onto and write a review. Nothing personal, but I can't give this anything like the rating the others did.

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