



Sports Slump Busting

Alan S. Goldberg

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Sports are full of ups and downs. But the best athletes and teams are mentally tough and bounce back quickly after an off day. In *Sports Slump Busting*, Dr. Alan Goldberg presents a 10-step program that's benefited hundreds of coaches, slumping athletes and teams in a wide variety of sports, at every level of competition. A positive, more confident mind-set boosts slumping athletes out of their ruts and keeps them clear of performance lapses. The practical mental strategies presented in this book will help athletes play better and more consistently. Each step in the program includes real-life examples and self-evaluation exercises to apply in training or competition to ensure success. Use *Sports Slump Busting* to perform at a higher level and to stay slump-proof through every season.

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