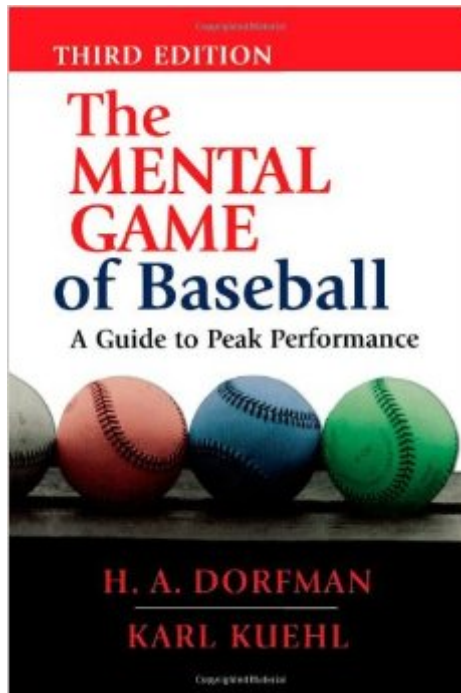


The book was found

# The Mental Game Of Baseball: A Guide To Peak Performance



## Synopsis

Without a doubt the classic guide to mental performance enhancement for baseball. Here in the third edition, authors H.A. Dorfman and Karl Kuehl present their practical and proven strategy for developing the mental skills needed to achieve peak performance at every level of the game. The theory and applications are illustrated by anecdotes and insights from major and minor league players, who at some point discovered the importance of mastering the inner game in order to play baseball as it should be played. Intended for players, managers, coaches, agents, and administrators as well as fans who want a more in-depth look at the makeup of the complete baseball player.

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (122 customer reviews)

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## Customer Reviews

I have three boys who play ball from little league to college teams. When they are in high school, I give them a copy of this book. More than any new glove or bat, more than 100 hours of cage time, more than any clinic, this book is the single most influential thing I can do to help them get better. The concepts in this book are applicable to most facets of life, but are set in the context of baseball. Look, I've seen the inflated ratings for books here, but I believe this one really deserves a 5. A lot of books on sports psychology seem like fluff to me. You've heard it: "Take a deep breath, focus, sharpen your vision, control your emotions." Huh? This book is meaty and informative. It tells stories that illustrate not only why it is so critical to improve mentally, but gives proven examples of how. The book is full of testimonials and examples from major league players. I couldn't say it is the first and last word on the subject of mental baseball, but it is BY FAR, the single best source I've read. I

agree with the review above that this book is a MUST read for anyone serious about improving in baseball, and certainly for anyone hoping to play at the higher levels.

My son is an 11 yr old travel baseball player. While fundamentally sound, recovery from a mistake, a bad at-bat, individual focus and concentration have always been challenging. This comprehensive, insightful book on the mental aspect of performance is simply amazing -- I couldn't put it down. Immediately after reading I began implementing the mental tips provided in this book. The results were instantaneous! His concentration, visualization, focus and relaxation improvements translated directly into improved performance. Batting avg soared and pitching performance increased dramatically. Through visualization of proper techniques, written goals and the ability to relax, he was 2nd on the team in BA during 2001 USSSA world series w/ .483 avg and was winning pitcher in the championship game against Puerto Rico. Without the techniques in this book, I have no doubt his performance would not have been as successful. I take the book with me every where to use as a reference -- pages are highlighted and becoming frayed. Make no mistake....if you have an established player looking to improve, buy this book before any other. In my opinion, this book will benefit even the most advanced player!

I was given this book as a freshman in college where I played for a Division I school. Actually, every player on the pitching staff was given the book. Understanding my own self doubt and being able take advantage of the situation clearly helped me become one of the top 5 ERA leaders in the country my junior year in college. I have read the book every year to understand and manage the self doubt I feel when the pressure of a situations mounts. Reading one chapter of the book will allow any serious ballplayer to recognize the principles and words the book is portraying. This book is a must read for any competitive spirit, whether it be sports or professional life, because it incorporates all those fears you have always encountered and shows you how to control them and use them to your advantage. In fact, as a litigation lawyer, I often read a couple of chapters of the book before going to trial.

This book is life changing . Once you read it and really digest what the material is saying , you will never have another excuse in life again! It made me realize how I always blamed other things when I didn't perform in sports like I wanted. It seriously cleaned out all the cobwebs and demons we all have and use for excuses in everyday life. Use it for sports , use it for life , use it for work.. Most of all use it for you

As a softball player, it's difficult to find good books about softball, especially from a mental aspect. Although baseball may have its strategic differences compared to softball, this book is a great resource for anyone who plays ball. As a college softball player, I've used this book throughout my high school and collegiate years. When I get into a slump, get down on myself, or just feel frustrated, I return to this book. It has been essential to my success as a player. Before the start of official practices each winter, I reread the book. I've highlighted it, underlined it, and bookmarked specific passages. I've always considered the mental game of a sport far more important than the physical and this book has helped widen my eyes even more to that aspect of the game. I highly suggest buying this book if you play the sport, coach it, or even love it. It has some great points and some great stories from professional players. This is the perfect book for anyone who wants to truly understand the game of baseball.

I bought this book because I am a baseball fan and my sons play ball as well. I am also an experienced musician who played professionally for some years. I found the book to be a "must read" for ANY performer (athlete, musician, dancer, etc) and a great book for anyone seeking personal success in any pursuit. If you like *The Inner Game of Music*, or *A Soprano On Her Head*, you need to get this book.

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