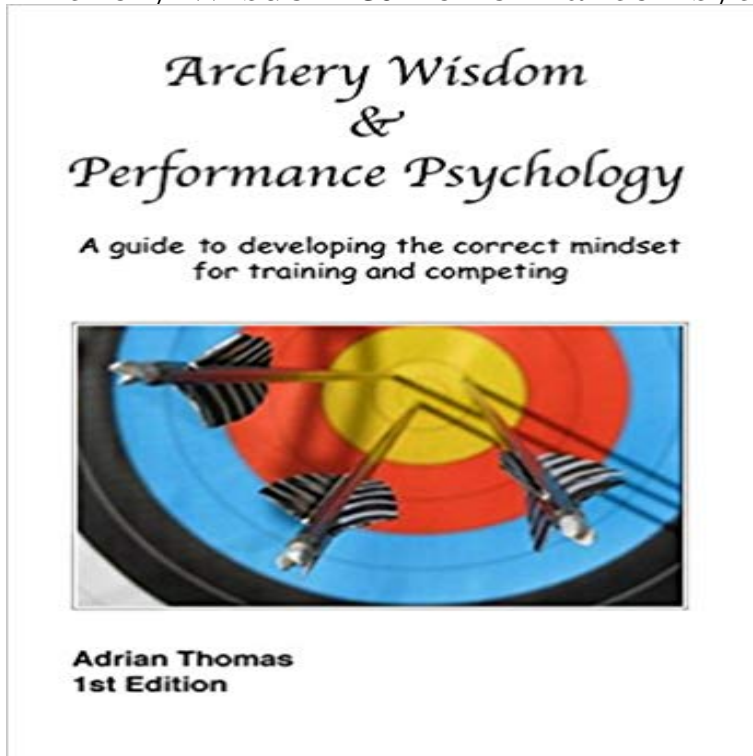


Archery Wisdom & Performance Psychology



This book contains 40 articles, providing information on how to adopt the correct mental attitude & approach towards archery training, focussing upon personal skill development, which then translates into higher scores. In archery, as with many disciplines in life, developing the correct mindset is the most important aspect of learning, in order to be successful. This book will teach you the importance of analysis, fitness, overcoming psychological barriers, positive thought & reinforcement, internal focus, the importance of stance & alignment, and the difference between active training and shooting. It is not a how to type of book, with illustrations. This book only contains words of advice & wisdom that will make you stop and think about what you are doing, and alter your mindset from that of a novice, so that you can start developing the mindset of a champion. These principles of successful archery training can also be applied to many different sporting activities and hobbies, to enable you to progress at a faster rate than ever before.

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