

WINNING THE MENTAL BATTLE WITHIN YOURSELF A GUIDE FOR WRESTLING COACHES

A New DVD Presented By



**THE SUMMIT
CENTER FOR IDEAL PERFORMANCE**

This presentation was recorded before an audience of high school wrestling coaches at the 1997 **National HS Wrestling Coaches Association** coaches clinic in Pennsylvania.

WHAT YOU WILL LEARN TO HELP YOUR WRESTLERS SUCCEED:

- ◆ **The benefits of mental conditioning**
- ◆ **The Mind, Body, Spirit connection**
- ◆ **How the conscious and subconscious mind operates**
- ◆ **How to access the subconscious mind where all information is stored**
- ◆ **The essential elements of mental conditioning:**
 - Goal Setting**
 - Relaxation**
 - Mental Rehearsal**
 - Positive Mind-Talk**
- ◆ **Experience hands-on demonstration**

Dr. Christine M. Silverstein, Director of The Summit Center for Ideal Performance, is a certified hypnotherapist and certified instructor of hypnosis. She is a columnist, lecturer and personal performance trainer who teaches athletes and performing artists how to reach their personal best.

This unique and informative DVD was specifically created for wrestling coaches to teach them how to give their wrestlers the tools to gain the mental edge against their opponents. To order your DVD, please fill out the coupon below and mail it with your check or money order, payable to The Summit, to the address shown. The cost of the DVD is \$35.95. Please allow up to 2 weeks for delivery.

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Mail to: The Summit Please send me ___ copies of the DVD:
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201-760-1600 Please visit our website: www.idealperformance.net