



The New Toughness Training for Sports: Mental Emotional Physical Conditioning from 1 World's Premier Sports Psychologis

Jim Loehr (Foreword) , Dan Jansen (Foreword by) , Chris Evert (Foreword by)

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For nearly a quarter of a century, top sports psychologist **James E. Loehr** has been training world-class athletes, from Olympic gold medalist speed-skater **Dan Jansen** to tennis stars **Monica Seles** and **Jim Courier** His bestselling book, **Mental Toughness Training for Sports**, is a classic. In **The New Toughness Training for Sports**, he offers a toughness program that allows you to play at the very top of your game-- every time. You'll learn how to trigger you Ideal Performance State (IPS) on demand and gain the heightened physical, mental, and emotional mind-body toughness so vital to sports.

The New Toughness Training for Sports: Mental Emotional Physical Conditioning from 1 World's Premier Sports Psychologis Details

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From Reader Review The New Toughness Training for Sports: Mental Emotional Physical Conditioning from 1 World's Premier Sports Psychologis for online ebook

Evan Bageris says

I read it like 15 years ago so I don't really remember. But come to think of it, I am pretty tough. That doesn't look like it spelled right....tough. Ram Tough. It looks like though. Anyway, I don't know if it's because I read this book, but ask around, I'm pretty tough. I mean I've been training for it so.....you know.....for sports. Yeah, when it comes to sports I am definitely tough. I don't like to brag, but I've training for it, you know, for toughness.....in sports especially. So I guess it's been working.

Sarah Bergmann says

This author had some interesting ideas about how to compete at your top level more consistently. Some of the ideas were standard, some were new. The book was only 200 pages and probably didn't really need to be that long but was worth the read.

Trenty Cents says

If I could give 10 stars I would. Best book, not just on toughness in sport, but life in general. Anyone looking to be more resilient in any area of their life (work, family, relationships) should make this book their next book.

connor bond says

This book is designed to help athletes get stronger mentally physically and emotionally. It goes into great detail about all the types of weakness and how to improve them. It also includes training exercises to mark your progress in all kinds of categories. The theme of the book is to improve all aspects of your game. This book is similar to most sports movies because the protagonist team always has to overcome the same physical emotional and mental hurdles that are talked about in this book. This book can and will help out my mental toughness which is the whole reason I read this book in the first place. I liked this book a lot, I learned all about how to be more stable and how to deal with pressure and overcome negative emotions. I believe this book has and will help many people do the same. Overall this was the best toughness book I have ever read.

Kristi Lambert deter says

I preferred this book to The Mind Gym. Both are great, but this one resonated with me a little more. Every athlete should read both these books.

Folkert Wierda says

Competitive sport is tough on the mind. So the mind requires as much toughening and training as the body. Loehr provides a no-nonsense walk-through on how the mind and body work in unison to competitive success, or how the mind can obstruct it. I get several clues from this book that I use in my daily training and in races. Nothing revolutionary, but common sense in a well organized fashion.

Jordan Shipman says

I have this love hate relationship with sports psychology books.

On one hand--I'm an active brazillian jiujiitsu competiutor in my thirties and I never competed or participated in sports in high school or college--it is good for me to read this stuff. My mental game is sorely lacking. I compete often so it is good for me to be feeding myself this material and constantly improving my mindset.

On the other hand, I get bored reading this stuff. There isn't really a story (except for anecdotes peppered throughout) to keep me engaged so it's not really a book I can plow through, excited for any opportunity I can get to pick it up. So reading this book was more like a discipline, 20 pages a day until I finished.

All that being said, despite being 20 years old (I took the nutrition and some of the other cutting edge science with a grain of salt) this book was the best combination of insight + practical actionable advice I've read thus far.

I reccomend to anyone looking to improve their mindset and get tougher in sports.

Sue says

It was OK. So much of this was common sense but it had some good tid bits. My son was reading it. His coach recommended it.

Carrie Foster says

This book shaped me. I read it in high school as a tennis team assignment, but still find quotes come to mind from it when I'm in tough situations. It is all about being in control of your physical, mental, and emotional self so you can be in your ideal performance state, which we all want to be in at all times in everything we do. You don't need to read it cover to cover, but it's worth pulling some concepts out of.

Mandi Friedman says

This was the first competitive book I've read, and I love it. I am not sure if it is because this book is truly

amazing or if it is simply because I love competition, but this book was jam-packed with wonderful insights! It helped me understand the whole picture of mental, physical, and emotional health. All three work together to perform a tough athlete who performs at their peak. If you are an athlete aiming to perform their best, read this book. It does not disappoint.

Nickykort says

My dad read it and gave it to me to read.

brett says

My uncle gave me this book in High school and it has been one of the most influential books to my life. Before this book I didn't think about playing sports I just did. For some reason I just connected with this book and have re-read, and recommended many times over the years. I've read countless sports books and this one will always be at the top for me.

Cris says

The book is no longer new, but is still very timely and useful. Love the concept applied to business and particularly a job search. Lots of great tips and motivators.
