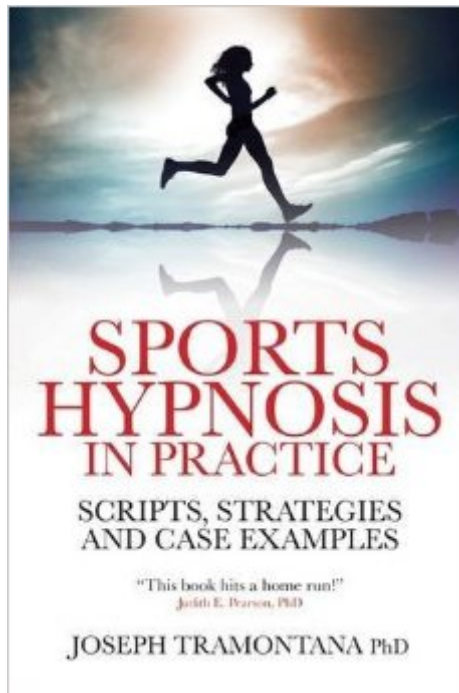


The book was found

# Sports Hypnosis In Practice: Scripts, Strategies And Case Examples



## Synopsis

This book offers new strategies and scripts for hypnotherapists, sports counselors and sports psychologists working with athletes to help them achieve their peak performance. A major focus of the book is that the therapists do not necessarily need to be familiar with the sport or activity to serve as a 'mental coach' to the athlete. The athlete is instructed that the goal is not to improve the mechanics of their performance (that is left up to their coaches) but rather, to help them relax, concentrate and focus so that they fulfill their maximum potential. They learn not to let the mental side of their game trip up the physical side, but rather to enhance it. There are also chapters on returning from injury and addictions which are often important factors in athletes' careers. The book contains a number of case studies from a variety of sports where the author has worked successfully with athletes. In the case studies the author notes how surprised he was to learn that many clients have a vivid memory of the techniques he taught them, indicating just how important these techniques were to them. Also included is a section on marketing and getting referrals.

## Book Information

Paperback: 256 pages

Publisher: Crown House Publishing; 1 edition (March 20, 2011)

Language: English

ISBN-10: 1845906799

ISBN-13: 978-1845906795

Product Dimensions: 5.9 x 0.6 x 8.9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #1,225,289 in Books (See Top 100 in Books) #38 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Hypnotherapy](#) #119 in [Books > Health, Fitness & Dieting > Alternative Medicine > Hypnotherapy](#) #547 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine](#)

## Customer Reviews

I have read other hypnosis books which tell you exactly how to put hypnosis into practice. I was looking for a book specifically designed with athletes in mind to help out my daughters who are competitive athletes. This book gives some information about athletes, but it is confusing to put into practice. It skips around a lot and relates more to the author's personal experience, rather than focus on the athlete. He refers to other books for scripts, which I found annoying since I didn't buy

this book to realize I have to buy 5 other books to determine what script to use, and he does not make it easy to determine how many sessions/times to use this material. Overall, the book skips around a lot, focuses on the author's own personal stories, and not a practical guide to use for the everyday athlete.

If you are a hypnotist, this book could become very useful to you. If you aren't a hypnotist, this book will make it clear why hypnosis is emerging as such an important discipline in the 21st century. This book is so practical that I have been giving it to students in my hypnosis certification classes. While focused on sports hypnosis, it provides a practical guide to general hypnosis as well and will be useful to beginning hypnotists, seasoned professionals and hypnosis instructors. The first chapter: "Overview of Hypnotic Approaches with Athletes" could aptly have been titled: "Overview of Hypnotic Approaches." Tramontana lays out hypnotic suggestibility tests, a variety of inductions and a format for multiple sessions, including suggested inductions and the stories, metaphors and suggestions that form hypnotic work. As he unpacks the usefulness of hypnosis in a variety of sports settings, he begins with the solo sports, where the athlete is striving for personal best performances. He leads the way with golf, the ultimate "mind game". At anything beyond the beginner level, Golf is about 10% physical skill and 90% mental toughness. Tramontana addresses that with wit and wisdom. The case studies open up the field of potential golf clients. The hypnotic strategies have broad application beyond golf. He takes readers through "Track and Field" competitors in the next chapter. He illustrates the benefit of hypnosis by talking about his own work with jumpers, runners and sprinters. That these too are mind games as much as physical capacity games he draws attention to the time when it was thought no-one could break the 4 minute mile. No one could, until Roger Bannister did. Then breaking 4 minutes became commonplace. When he shared the story of the young jumper who exceeded her previous personal best by several inches he shares that "...I came to believe that some athletes had never yet performed even close to their optimal level, so their peak performance has not yet been established..." he clarifies the value of hypnocoaching in all areas of life and work. Do you know your peak level of performance? I teach my clients that the only hindrances to their success are within. As a hypnocoach, I can tell you that most people have no idea what they are capable of achieving. Gymnasts and cheerleaders are covered next. Sometimes fear gets in the way of performance and in this chapter he lays out ways of guiding clients to overcome their fears. Gymnasts must rely on the mental game in competition, and he shows how to use future progression as a part of hypnotic work. Equestrian leads the way toward the sports most are more accustomed to, football, baseball and basketball. If you are an athletic coach at any level

you must read this book. Then reach out to a hypnotist in your area and allow your teams to find their peak performance levels. He integrates some of his other specialty work as he shows how to deal with and overcome substance abuse and addictions using hypnosis. This book also provides readers with a usefully annotated bibliography. "Sports Hypnosis in Practice" represents an advance in the literature of sports hypnosis.

[Download to continue reading...](#)

Sports Hypnosis in Practice: Scripts, Strategies and Case Examples 7 STEPS to SALES SCRIPTS for B2B APPOINTMENT SETTING. Creating Cold Calling Phone Scripts for Business to Business Selling, Lead Generation and Sales Closing. A Primer for Appointment Setters. Corporate Taxation: Examples And Explanations (Examples & Explanations) Hypnosis Beginners Guide: Learn How to Use Hypnosis to Relieve Stress, Anxiety, Depression and Become Happier Handbook of Clinical Hypnosis (Dissociation, Trauma, Memory, and Hypnosis) The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss\*\*Guided Meditation and Hypnosis CD Scooby-Doo Set of 8 Mystery Chapter Books (Haunted Castle ~ Snow Monster ~ Fairground Phantom ~ Spooky Strikeout ~ Case of the Haunted Hound ~ Case of the Living Doll ~ Case of the Spinning Spider ~ The Creepy Camp) Algebra Practice: Examples & Practice, Middle / Upper Grades More Scripts and Strategies in Hypnotherapy Fundamentals of Machine Learning for Predictive Data Analytics: Algorithms, Worked Examples, and Case Studies (MIT Press) Football: How It Works (The Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Sports Illustrated For Kids Year In Sports 2007 (Scholastic Year in Sports) Case Management: A Practical Guide for Education and Practice (NURSING CASE MANAGEMENT ( POWELL)) Professional Practice 101: Business Strategies and Case Studies in Architecture Forex: Strategies - Best Forex Trading Strategies For High Profit and Reduced Risk (Forex, Forex Strategies, Forex Trading, Day Trading Book 2) Trading: 6 Manuscripts + 8 Bonus Books - Forex Guide, Day Trading Guide, Options Trading Guide, Forex Strategies, Day Trading Strategies, Options Trading Strategies Options Trading: Strategies - Best Options Trading Strategies For High Profit & Reduced Risk (Options Trading, Options Trading For Beginner's, Options Trading Strategies Book 2) Options Trading: Strategies - Best Options Trading Strategies For High Profit & Reduced Risk (Options Trading, Options Trading For Beginner's, Options Trading Strategies) (Volume 2) The Handbook of Contemporary Clinical Hypnosis: Theory and Practice Trancework: An Introduction to the Practice of Clinical Hypnosis

[Dmca](#)