



Mental Combat: The Sports Psychology Secrets You Can Use to Dominate Any Event! (Martial Arts, Fitness, Boxing MMA etc)

Phil Pierce

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Finally! An easy way to use the science of Sports Psychology to Skyrocket Your Performance!

You may already know that Pro Athletes use the power of Sports Psychology to boost motivation, manage nerves and become top performers. The problem is that many of these techniques are kept secret and other guides are heavy and full of jargon.

So how can you use the simple power of Sports Psychology techniques to revolutionize your performance today?

Clearly you need more than just a system, you need the right kind of system.

Not just the science behind mental strength but a super-simple, step-by-step guide to unlocking the power of your brain.

As a bestselling author, martial arts and fitness coach, I've been lucky enough to work with some of the best experts around the world. With input from top instructors and researchers I discovered easy tactics that can be effortlessly used by everyone. From fitness fans, runners and gym athletes to combat styles like boxing, MMA, and martial arts.

Even the busy office worker can dominate any competitive or stressful event in minutes!

This is "Mental Combat"... and once applied to your training it quickly revolutionizes performance – every time!

What Is Mental Combat?

Mental Combat is a simple, easy set of tactics for unlocking the full power of your brain and body.

Moreover, it gives you the proven scientific benefits of Sports Psychology without needing to understand the complex history and theories.

Whilst traditional guides can be heavy and difficult to follow, Mental Combat is a simple, tactical approach.

Perfect for martial artists, fitness fans, gym enthusiasts and even the busy office worker!

Stressful, nerve-wracking events become a walk in the park when transformed using the right techniques.

A busy and cluttered mind becomes laser focused.

Would you like to know the quickest and easiest way to experience the incredible benefits of mental training?

The Easy New Way To Get Started with Mental Training

Inside "Mental Combat" you'll discover...

- How to "psych-out" an opponent.
- "Mind Hacks" for instant, rock-solid confidence and cool.

- Powerful motivation and concentration skills.
- Revealed: the body position to banish nerves quickly and easily.
- The truth behind meditation. (and why it's easier than you think).
- How to unlock the power of your brain for any event.
- The secret to managing victory, like a pro.
- The secret to handling defeat... and coming back stronger.
- How you can use Sports Psychology tactics even if you don't do sports!
- And much more!

Want To See For Yourself How Mental Combat Can Transform Your Performance?

Click and grab your copy of Mental Combat now to see you've been missing!

To say thanks for checking out this book you can claim your free guide: "3 Steps to Explosive Power" FREE from my website. **Just visit: www.BlackBeltFit.com**

Tags: Martial Arts, Sports Pscyhology, Mental Toughness, Mental Training.

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Morgan Johnson:

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