



The Triathlete's Guide to Mental Training (Ultrafit Multisport Training)

By Ph.D. Jim Taylor, Terri Schneider

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Triathlon is certainly physically demanding, to say the least, but most triathletes would agree that it is the mental aspect that can determine whether or not they achieve their competitive goals. Resources addressing this key aspect have been hard to come by -- until now. In "The Triathlete's Guide to Mental Training, the authors -- both accomplished sport psychologists and Ironman triathletes -- offer readers in-depth, practical information and skills they can use to build mental muscle. Readers learn first how to assess their psychological strengths and weaknesses, and then discover the six mental factors that most affect triathlon performance. The book includes essential tools for training and competition, such as routines, mental imagery, and tips on getting organized and setting goals, and also explores what it takes to be an Ironman, the unhealthy side of triathlon, and valuable lessons to be learned from the world's best triathletes.

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Editorial Review

About the Author

Jim Taylor, a Vancouver-based, nationally syndicated sports columnist for the "Calgary Sun," has covered the Canadian sports scene as writer and columnist for 45 years. He is the author of eight previous books, including biographies of hockey stars Wayne Gretzky and Igor Larionov, and the epic round-the-world wheelchair journey of Rick Hansen.

Gordon Kirby has written about motor racing for 30 years. He is the American editor for the British publication, "Autosport," His most recent book is "Bobby Ralal: The Graceful Champion," He is also working on a book about Mario Andretti's career.

Dan Proudfoot has covered motor racing since 1966 for numerous media outlets and since 1984 has written about the sport for "The Toronto Sun," A hobby racer in the 1980s in vintage and amateur F2000 classes. Proudfoot ranks Greg Moore's astonishing CART debut in 1996 with Gilles Villeneuve's winning the Grand Prix in Montreal in 1978 among his most memorable moments in racing.

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Michelle Beltran:

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