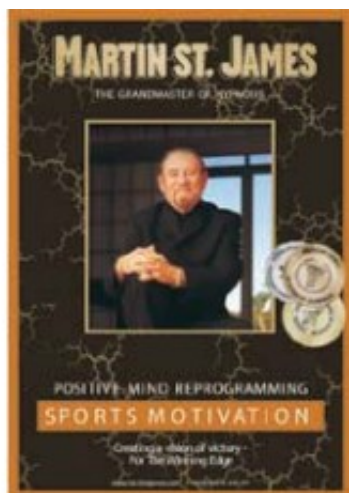


# Sports Motivation



**Brand:**

**Product Code:** MSJSM

**Availability:** In Stock

**Weight:** 0.00kg

**Dimensions:** 0.00cm x 0.00cm x 0.00cm

**Price:** ~~\$99.00~~ \$59.00

## Short Description

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**Improve your performance and reduce recovery time.** A 4-CD program to help athletes on and off the field.

## Description

**Sports Motivation** helps athletes fine tune their thinking to help:

- activate the trainer/coach's directions in the heat of competition
- relax whilst under pressure
- reduce performance anxiety

Maintain a more relaxed mind/body connection

- improve quality of pre-performance sleep
- improve post-performance recovery

**Sports Motivation** operates in harmony with your existing training program. This 4-CD se engages the subconscious part of the mind, the storeroom of every thought, word and deed, to reveal hidden potential and attune you for success!

**"Every motor skill involved in sport is passively influenced by your subconscious computer!" - Martin St James.**

## **Mental preparation can be the difference between winning and losing!**

A sportsman will achieve far greater results by improving their mental preparedness and focus.

*"It's the greatest feeling you could ever have! In training for a tough fight, especially on the last week when my nerves are playing up, it's hard to sleep. By not sleeping I am burning up a lot of energy. By the time I step into the ring, I already feel tired. Martin made a tape - if I listen to that it makes me sleep like a baby. Before meeting Martin, I started to lose my confidence which was upsetting my training. I kept thinking there was something wrong. Was it the end of my career? Martin made me a tape to motivate me and now I feel great again!"* - **Lovemore Ndou** (From FoxSports interview)