



The New Encyclopaedia of Sports Psychology

Benjamin Bonetti

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In *An Introduction into Sports Psychology for Athletes*, Benjamin Bonetti provides you with deep and meaningful insights into your own mind, making it possible for you to effect massive shifts within yourself and follow a path toward ultimate strength, speed, agility, and athletic achievement. In this book, you will discover: - What is impeding you from becoming the best possible version of yourself - How you can overcome those impediments - Why you have not yet reached your full potential We all struggle, yes, but Mr. Bonetti, armed with a wealth of knowledge and a unique understanding of the athlete's mind, will minimize the struggle that you face and maximize the results that you are getting out of your training. This is the next chapter of your athletic career. Are you ready to begin? • "He is the best. I've CHANGED my view on the world as a result of working with Benjamin." (PGA TOUR PLAYER) • "The way he changes your thoughts is like magic, I didn't notice anything until I left our meeting, then BOOM it happened." (OLYMPIC MEDALIST) • "I wish I'd INVESTED years ago, this guy knows how to get into aspects of the mind that I didn't know existed." (COMMONWEALTH CHAMPION) • "Benjamin has been excellent. He is a GENIUS at manipulating the past to make sense." (AMATEUR TRIATHLETE) • "Absolutely FASCINATING, I was stuck, couldn't see a way out – then I met Benjamin" (PREMIER FOOTBALLER) Benjamin Bonetti is a leading sports performance coach and author of several bestselling books, including the UK's best-selling 'HOW TO STRESS LESS' and 'HOW TO CHANGE YOUR LIFE'.

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