



With Winning in Mind: The Mental Management System

Lanny R. Bassham

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This is a great book for anyone interested in having a consistent mental performance under pressure. The book will give you an introduction to Mental Management and is packed with techniques for competitors. Learn how performance is a function of three mental processes, how to control the mind under pressure and how to train for competition. Learn the secrets of Olympic Champions. The information provided in this book has been used by people from many different backgrounds from golfers to business professionals to dog agility competitors and pageant queens. Our system can be adapted to almost any competitive arena in some way. "With Winning in Mind" has changed lives and increased performances in competitors for the past 10 years.

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