

The New Toughness Training for Sports: Mental Emotional Physical Conditioning from One of the World's Premier Sports Psychologists

By James E. Loehr

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For nearly a quarter of a century, top sports psychologist **James E. Loehr** has been training world-class athletes, from Olympic gold medalist speed-skater **Dan Jansen** to tennis stars **Monica Seles** and **Jim Courier** His bestselling book, **Mental Toughness Training for Sports**, is a classic. In **The New Toughness Training for Sports**, he offers a toughness program that allows you to play at the very top of your game--every time. You'll learn how to trigger you Ideal Performance State (IPS) on demand and gain the heightened physical, mental, and emotional mind-body toughness so vital to sports.

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Editorial Review

From Publishers Weekly
Loehr (Mental Toughness Training for Sports), who has helped train athletes for sports ranging from tennis to hockey, here concentrates on the emotional element of training, pointing out that toughness has nothing to do with the reputed killer instinct or insensitivity of the athlete. Rather, he believes that toughness depends on emotional flexibility, responsiveness and strength, and demonstrates itself in an athlete's ability to perform consistently in the upper ranges of his or her skill. Loehr discusses in detail the problems of stress, innate in any competitive endeavor, and recovery from it. Striking a balance between stress and recovery, he maintains, is a constant must-win battle. The text is supplemented by self-analysis charts and questionnaires. This book should help nearly any athlete at any level.
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From Library Journal
Loehr has written a number of books on mental discipline (e.g., Toughness Training for Life, LJ 8/93) in the past ten years. Like the others, this is essentially a self-help book for athletes. As such, it sports a host of buzzwords like "ideal performance state" (IPS), "competitive adjective profile" (CAP), and "adaptation threshold" to communicate its simple message. Toughness training aims to improve an individual's emotional flexibility, responsiveness, strength, and resiliency through imaging activities, emotional response practice, and "acting the way you want to feel." "Tough" phrases, principles, messages, and lessons are frequently set out in special type. Self-help books have an audience, and public libraries might want to consider this title by a well-known sports psychologist.
John Maxymuk, Rutgers Univ. Lib., Camden, N.J.
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From Booklist
Why is it that some can't-miss athletes never seem to live up to their superstar abilities? James Loehr tries to provide an answer and a possible solution in this study of the mental toughness needed to maximize one's athletic skills. In an easy-to-read manner, he examines what mental toughness is and how to achieve it, thus allowing even average athletes to compete at their optimum level. Much of his advice seems to be a rehash of various positive-thinking credos, but along the way he dispenses solid practical tips on such matters as training and overtraining, the importance of recovery (relaxation) following stress, and the concept of training cycles. For professionals and weekend warriors alike. *Scott Wilkens*

Users Review

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Gerri Pettit:

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Michele Sexton:

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Joshua Yoshida:

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