

Courtesy of Baseball
"This is the most helpful book I've ever read. I,
along with several of my teammates refer to *Mental
Game of Baseball* as the 'Baseball Bible.' "

—Al Leiter, former MLB Pitcher

THE MENTAL GAME OF BASEBALL



**A GUIDE TO PEAK
PERFORMANCE**

H. A. DOREMAN

H.A. Dorfman and

The Mental Game of Baseball: A Guide to Peak Performance



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The theory and applications are illustrated by anecdotes and insights from major and minor league players, who at some time discovered the significance of mastering the inner game to be able to play baseball as it should be played. Designed for players, managers, instructors, agents, and administrators and also fans who want a more in-depth look at the makeup of the entire baseball participant. Dorfman and Karl Kuehl present their practical and proven technique for developing the mental abilities needed to achieve peak functionality at every degree of the overall game. In this book, authors H.A.



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Give This a go I have given this four stars because it's basically an incomplete review, but the early returns are positive. I must highly recommend this for anyone who wants to get better mentally in the game of baseball, and watch that mental clarity and toughness translate to on-field success. Additionally it is an excellent book on LIFE aswell He and his whole family love the game which book has so very much information . He provides always had a lot of group and individual success in this sport, therefore i wanted something to help him." For him to have got read only two chapters so far and give that book direct credit for his achievement the very next day speaks volumes. A year or two ago, once the Cleveland Indians' Corey Kluber won the American League Cy Youthful Award, in another of his interviews, he credited Harvey Dorfman's publication on pitching as to how he keeps such an even keel. In the event that you view Corey pitch, you can't inform if he just gave up a three-run jack or if he struck out the side on nine pitches. His demeanor remains the same. Five Stars Its an excellent book that teaches a lot more than fundamentals Worth every penny! He examine two chapters the additional night, and performed in a casino game the next day. In that game, he proceeded to go 2-4 with 4 RBIs, his initial solid hits in a few time, and just missed an infield single on a bang-bang contact at first.. He also mentioned that he used to relish coming to the plate in high pressure situations, but lately, he wasn't almost as assured as he used to be. I purchased this for my fifteen calendar year old son who has played baseball since he was in kindergarten. Wish i found this book twenty years ago This book is life changing . Once you browse it and really digest what the material is saying , you won't ever have got another excuse in existence againIt made me understand how I always blamed other things when I didn't perform in sports like I wanted. It seriously cleaned out all of the cobwebs and demons we all have and make use of for excuses in everyday activity. Utilize it for sports , utilize it for life , utilize it for work.. Primarily use it for you Great Guide for the Mental Method of Baseball.. He and his whole family love the overall game and this book has so very much details in it, it should be treasured for a long time. and Life I bought this reserve hoping to get some good tips to help my 9 year old boy in little league. I have the mental video game of hitting and I swear by that book. During practice and in the batting cages, he does not have plenty of power but he makes great solid get in touch with, and in his past 2 years playing he hardly ever struck out. Since moving up to pony ball he had really struggled to create get in touch with, 2-3 Ks per game. I knew it had been mostly in his mind, as his mechanics are quite solid. We had been both frustrated, and I didn't need him to reduce his love of baseball because of it.This book was Very useful for every facet of the game, be it hitting, fielding, pitching, or baserunning..The lessons discussed, from attitudes and confidence, to taking control and responsibility for your actions, could be applied not just to baseball but alive in general, and help show you to success. Dorfman addresses neatly and broadly the mental aspects of taking part in baseball properly. His team just won the league championship, and he now seems he contributed. He'll never be Ted Williams, but he's making contact once again, and having some success. Most importantly, though, his is definitely smiling again and having fun playing. All my hitting stats are doubled from this past year and we have been only 1/2 method through the season. Simply started it and it's really amazing! It generally does not pertain to just baseball My husband is a baseball fan and I actually am understanding how to be. This publication though! Just started it and it's really amazing! It generally does not pertain to simply baseball. It's any sport or talent and also life. It really is an excellent read to reread. MUST READ for just about any Ball player this book is amazing. He's not a organic athlete, but he really loves the overall game an can perform OK. I must say i enjoyed reading the reserve. and as corny as this

sounds, both of these books have totally changed my perspective and the way I am playing. Even if you have only an informal interest in baseball, I highly recommend this book. an absolute must have for every Ball player. He loves the overall game and usually has, but he has struggled since beginning high school ball, especially at the plate (he's currently a sophomore). As he required the field after his 1st RBI single, he found me in the stands with a smile on his face and mouthed what, "It's the reserve. It discussed both bad and the good mental approaches to the game, with real life examples taken from MLB, like Doug DeCinces struggling to fill up Brooks Robinson's sneakers to Steve Sax's troubles throwing to 1st, and how a change in approach can make all the difference. Understanding my very own self question and being able take advantage of the situation clearly helped me become one of the top 5 ERA leaders in the country my junior yr in college.. I was given this reserve as a freshman in university ... This book is a must read for any competitive spirit, whether it be sports or professional lifestyle, because it incorporates all those fears you possess always encountered and demonstrates how to control them and use them to your advantage. Actually, every player on the pitching staff was presented with the book. I bought this as something special for my 13 yr old nephew who was simply performing baseball since he was small. I have read the book every year to comprehend and manage the personal doubt I feel once the pressure of a situations mounts.. I was given this publication as a freshman in college where We played for a Division I actually school. I purchased this book for my son, and we found a drastic improvement in his video game after just reading the first handful of chapters! Issues we've all heard before but (had forgotten) and brings it together in an excellent manner Should be required reading for parents and coaches as you will clearly see where some of your well intentioned methods are section of the problem that may limit a young player's performance. Had originally bought this as a last resort (predicated on additional positive Amazon suggestions) as my child was struggling at the plate after being an outstanding hitter most of his young profession. Made me completely transformation the way I approach the overall game with him and it offers paid major dividends in an exceedingly short period of time (but I couldn't place it straight down once I started reading it). Very much broader applicability compared to the video game of baseball and while it gets to be a dense read sometimes it was really worth the investment. at 46, I am still playing hardball. The book was enjoyable. Motivated by that endorsement, and reviews that are positive on Amazon, I chosen this reserve for my son in line with the fact that this particular book addresses the entire game of baseball. In fact, as a litigation lawyer, I frequently read a few chapters of the publication prior to going to trial. he loved this was a gift for our son. he treasured it Five Stars got a great review from the father of kid i offered this to Dorfman covers neatly and broadly the mental areas of using .. Reading one chapter of the reserve will allow any significant ballplayer to recognize the principles and terms the book is definitely portraying. Applying lessons from the publication, my son has learned to tranquil all of the thoughts and pressures in his mind when he is in the plate, and in the subject, and trust his skills. This book is crucial read by baseball players seeking to play in "The display", as well as by any arranged baseball league player. Three Stars Very good and useful even for everyday life



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