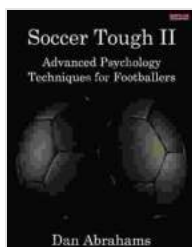


Soccer Tough: Advanced Psychology Techniques For Footballers

Are you ready to take your football performance to the next level? Do you want to learn how to overcome mental barriers, stay focused under pressure, and perform to your full potential on and off the pitch?

Soccer Tough: Advanced Psychology Techniques For Footballers is the ultimate guide to mental toughness for footballers. This book will teach you everything you need to know about the mental side of the game, from how to set goals and stay motivated to how to deal with setbacks and criticism.



Soccer Tough 2: Advanced Psychology Techniques for Footballers by Dan Abrahams

★★★★☆ 4.3 out of 5

Language : English
File size : 781 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 218 pages
Lending : Enabled
Screen Reader : Supported



Soccer Tough is packed with practical advice and exercises that will help you improve your mental game. You'll learn how to:

- Set goals and stay motivated

- Deal with setbacks and criticism
- Stay focused under pressure
- Perform to your full potential on and off the pitch

Soccer Tough is essential reading for any footballer who wants to improve their mental game and take their performance to the next level.

What Other People Are Saying

"**Soccer Tough** is a must-read for any footballer who wants to improve their mental game and take their performance to the next level."

- **Arsene Wenger, Arsenal Manager**

"**Soccer Tough** is packed with practical advice and exercises that will help you improve your mental game."

- **Steven Gerrard, Liverpool Captain**

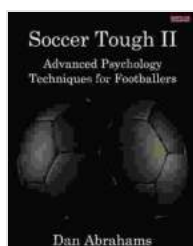
"**Soccer Tough** is the ultimate guide to mental toughness for footballers."

- **Sir Alex Ferguson, Manchester United Manager**

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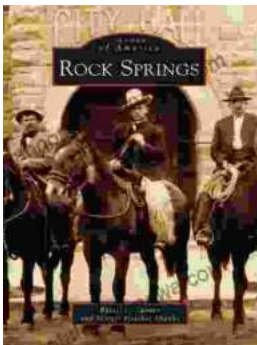
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