



Self-Hypnosis: The Key to Athletic Success

John Kappas

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Self-Hypnosis: The Key to Athletic Success teaches you the self-hypnosis techniques that will help you develop the same confidence and motivation that enable professional athletes to achieve their peak performance. The author, founder of the nation's only accredited college of hypnotherapy, the Hypnosis Motivation Institute, has helped hundreds of top athletes. In this book he reveals that simple will is not enough; you must learn to get in touch with the inner resources that determine your motivation and performance. In these pages, you'll learn to do just that-with a clear, easy-to-follow program that works for any and all sports! If you're a professional athlete striving to achieve your fullest potential, or just a weekend golfer or jogger interested in improving your score or your mileage, this book will get you in touch with a source of strength and excellence you never knew you had!

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