



This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good!

Dr. David Grand, Dr. Alan Goldberg

[Download now](#)

[Click here](#) if your download doesn't start automatically

This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good!

Dr. David Grand, Dr. Alan Goldberg

This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good! Dr. David Grand, Dr. Alan Goldberg

"THIS IS YOUR BRAIN ON SPORTS is a must read for anyone involved in or simply interested in sports. It tells the real story of what I went through and how countless athletes of all levels are still going through now.....unnecessarily. When no one else could, they helped me to recognize how my throwing problems came directly from sports traumas that were stuck in my brain. And then Grand and Goldberg had the knowhow to release it with the miracle of Brainspotting."

Mackey Sasser

Former catcher for NY Mets

"THIS IS YOUR BRAIN ON SPORTS is a MUST READ for athletes, their parents and coaches, as well as for all psychotherapists and performance experts. In case you didn't know it, THE YIPS has a clearly explainable relationship to past trauma. All one has to do is take a detailed history of the life of an athlete from his/her earliest childhood, relate that to his/her history of physical injuries and throw in a dollop of shame and criticism from parents and coaches and the reason for the yips emerges with crystal clarity. These facts are clearly illustrated in this compelling, fascinating and ground-breaking book by Drs. Grand and Goldberg. Brain-based principles of body-based memory, neurosensitization and cue-related anxiety from the trauma literature clearly prove that the yips come from post-traumatic stress syndrome. And Brainspotting has shown to be dramatically effective in mitigating, and even healing, this vexing syndrome."

Robert Scaer, MD

Author of THE BODY BEARS THE BURDEN and THE TRAUMA SPECTRUM

THIS IS YOUR BRAIN ON SPORTS: Beating Blocks, Slumps and Performance Anxiety for Good! is the ground-breaking book that will change the face of sports performance forever. This book introduces the breakthrough concept of STSD (Sport Traumatic Stress Disorder). Grand and Goldberg have discovered that STSDs are the cause of most significant performance problems. Performance blocks and anxiety, including the yips, stem from accumulated sports traumas including sports injuries, failures and humiliations. The authors also introduce the Brainspotting Sports Performance System (BSPS) which quickly finds, releases and resolves the sports traumas held in your brain and body. An easy read, THIS IS YOUR BRAIN ON SPORTS is filled with engaging, informative, inspiring stories. These case examples illustrate how professional, elite, collegiate and junior athletes have been freed for good from this silent "epidemic" of performance blocks and anxiety including: the yips, "Steve Blass disease," "Mackey Sasser syndrome," protracted slumps, balking, choking and freezing. THIS IS YOUR BRAIN ON SPORTS provides the answers and the cure for athletes, their coaches and parents about "Beating Blocks, Slumps and Performance Anxiety for Good!" Grand and Goldberg also show how their BSPS can take all athletes to levels they could only heretofore dream of! www.thisisyourbrainonsports.com

 [Download This is Your Brain on Sports: Beating Blocks, Slum ...pdf](#)

 [Read Online This is Your Brain on Sports: Beating Blocks, Sl ...pdf](#)

Download and Read Free Online This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good! Dr. David Grand, Dr. Alan Goldberg

From reader reviews:

William Medellin:

Do you considered one of people who can't read gratifying if the sentence chained in the straightway, hold on guys this aren't like that. This This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good! book is readable through you who hate the straight word style. You will find the data here are arrange for enjoyable looking at experience without leaving also decrease the knowledge that want to deliver to you. The writer associated with This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good! content conveys the idea easily to understand by a lot of people. The printed and e-book are not different in the content material but it just different by means of it. So , do you continue to thinking This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good! is not loveable to be your top checklist reading book?

Pamela Wilson:

Reading a reserve can be one of a lot of activity that everyone in the world loves. Do you like reading book therefore. There are a lot of reasons why people enjoy it. First reading a book will give you a lot of new details. When you read a reserve you will get new information because book is one of many ways to share the information or maybe their idea. Second, reading a book will make anyone more imaginative. When you reading a book especially hype book the author will bring one to imagine the story how the people do it anything. Third, it is possible to share your knowledge to some others. When you read this This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good!, it is possible to tells your family, friends in addition to soon about yours book. Your knowledge can inspire the mediocre, make them reading a e-book.

Raymond Nelson:

The reason why? Because this This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good! is an unordinary book that the inside of the e-book waiting for you to snap this but latter it will shock you with the secret this inside. Reading this book alongside it was fantastic author who have write the book in such wonderful way makes the content on the inside easier to understand, entertaining technique but still convey the meaning completely. So , it is good for you for not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of rewards than the other book get such as help improving your proficiency and your critical thinking way. So , still want to hold up having that book? If I ended up you I will go to the reserve store hurriedly.

Robert Victor:

That e-book can make you to feel relax. That book This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good! was vibrant and of course has pictures around. As we know that book This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good! has many kinds

or variety. Start from kids until teenagers. For example Naruto or Investigator Conan you can read and think you are the character on there. Therefore , not at all of book usually are make you bored, any it offers you feel happy, fun and chill out. Try to choose the best book to suit your needs and try to like reading this.

Download and Read Online This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good! Dr. David Grand, Dr. Alan Goldberg #W1AFB2SV964

Read This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good! by Dr. David Grand, Dr. Alan Goldberg for online ebook

This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good! by Dr. David Grand, Dr. Alan Goldberg Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good! by Dr. David Grand, Dr. Alan Goldberg books to read online.

Online This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good! by Dr. David Grand, Dr. Alan Goldberg ebook PDF download

This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good! by Dr. David Grand, Dr. Alan Goldberg Doc

This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good! by Dr. David Grand, Dr. Alan Goldberg Mobipocket

This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good! by Dr. David Grand, Dr. Alan Goldberg EPub