



# **Mental Combat: The Sports Psychology Secrets You Can Use to Dominate Any Event!**

*Phil Pierce*

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Finally! An easy way to use the science of sports psychology to skyrocket your performance! You may already know that pro athletes use the power of sports psychology to boost motivation, manage nerves, and become top performers. The problem is that many of these techniques are kept secret, and other guides are heavy and full of jargon.

So how can you use the simple power of sports psychology techniques to revolutionize your performance today?

Clearly you need more than just a system; you need the right kind of system.

Not just the science behind mental strength but a super-simple, step-by-step guide to unlocking the power of your brain.

As a best-selling author and martial arts and fitness coach, I've been lucky enough to work with some of the best experts around the world. With input from top instructors and researchers, I discovered easy tactics that can be effortlessly used by everyone, from fitness fans, runners, and gym athletes to combat styles like boxing, MMA, and martial arts.

Even the busy office worker can dominate any competitive or stressful event in minutes!

This is mental combat...and once applied to your training, it quickly revolutionizes performance - every time!

What is mental combat? Mental combat is a simple, easy set of tactics for unlocking the full power of your brain and body.

Moreover, it gives you the proven scientific benefits of sports psychology without needing to understand the complex history and theories.

While traditional guides can be heavy and difficult to follow, *Mental Combat* is a simple, tactical approach. Perfect for martial artists, fitness fans, gym enthusiasts, and even the busy office worker!

Stressful, nerve-racking events become a walk in the park when transformed using the right techniques.

A busy and cluttered mind becomes laser focused.

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