



Heads-Up Baseball : Playing the Game One Pitch at a Time

Tom Hanson, Ken Ravizza

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"This book provides practical strategies for developing the mental skills which help speed you to your full potential."---Dave Winfield

What does it mean to play heads-up baseball? A heads-up player has confidence in his ability, keeps control in pressure situations, and focuses on one pitch at a time. His mental skills enable him to play consistently at or near his best despite the adversity baseball presents each day.

"My ability to fully focus on what I had to do on a daily basis was what made me the successful player I was. Sure I had some natural ability, but that only gets you so far. I think I learned how to focus; it wasn't something that I was necessarily born with." -- Hank Aaron

"Developing and refining my mental game has played a critical role in my success in baseball. For years players have had to develop these skills on their own. This book provides practical strategies for developing the mental skills that will help speed you toward your full potential." -- Dave Winfield

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The reason? Because this Heads-Up Baseball : Playing the Game One Pitch at a Time is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will distress you with the secret this inside. Reading this book beside it was fantastic author who write the book in such remarkable way makes the content interior easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you for not hesitating having this ever again or you going to regret it. This excellent book will give you a lot of benefits than the other book possess such as help improving your skill and your critical thinking means. So , still want to delay having that book? If I were being you I will go to the book store hurriedly.

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