



Mind Over Head Chatter: The Psychology Of Athletic Success

Greg Justice

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Have you every marveled at the poise, grace, and athleticism of champions in their sport? Do you find yourself asking, “What separates ‘the best’ from all the rest?” Why is it that some athletes make it look so easy while others struggle just to “take the shot”? Who would you call on to take the last shot in a basketball game, perhaps Michael Jordan? Who would you hand the ball to in the bottom of the ninth inning, with the game on the line, is it Mariano Rivera? If your team is trailing by six points with less than two minutes remaining in the game, would you trust the ball in Joe Montana’s hands? Each of the athletes I listed above is a classic example of a champion. Their beliefs, attitudes, and leadership are second to none. In Mind Over Head Chatter, I share with you the research and insights into the makings of the world’s best athletes over many decades, and what made them champions in their sport. You will learn their methods and secrets and what they did to produce at such high levels. You’ll also discover how to Ignite your own passion, how to set goals, and develop the mental toughness to take your game to the next level. I wrote this book as much for myself as others, because I wanted to know, just like you, what separates the good from the great. I’ve participated in athletics my entire life, through Little League baseball, wrestling, and judo. I was a Little League All-Star, an AAU State Champion high school wrestler, and Sunflower State (Kansas) Champion Judo player, competing at the highest level nationally throughout college. I was “good” at every sport I played, but never “GREAT”. Mind Over Head Chatter gave me the insight into what I expected, but had never fully embraced...”Rule Your Mind, Or It Will Rule You.” The book is broken down into four sections; Section 1: The Driving Force – Finding Your Motivation, covers how to ignite your passion, your support systems and influences, what makes a champion, and creating a personal highlight reel in your head. Section 2: You Gotta Believe, helps you with setting goals, learning the three “C’s” of Confidence, Courage, and Commitment, and how to train your brain for peak performance. Section 3: Getting Centered, covers your self-talk, visualization, breathing, and relaxation. Section 4: We Are the Champions, digs deeper into what sets five of the greatest athletes of all time apart from others in their sport. The athletes include Bruce Lee, Wilma Rudolph, Dan Gable, Nadia Comaneci, and Michael Jordan. So, sit back, kick your feet up, and enjoy Mind Over Head Chatter: The Psychology of Athletic Success.

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