

## About the Book:

The most successful athletes in the world have one thing in common—they are mentally tougher than their competitors. In fact, research with elite- and Olympic-level athletes clearly shows that there is a link between mental toughness and winning. In this guidebook, you will learn the very same mental toughness strategies used by many of the world's greatest athletes, including legends like:

Andres Iniesta <small>SOCCER</small>	Andre Agassi <small>TENNIS</small>
Michael Phelps <small>SWIMMING</small>	Michael Jordan <small>BASKETBALL</small>
Usain Bolt <small>TRACK</small>	Wayne Gretzky <small>ICE HOCKEY</small>
Jonny Wilkinson <small>RUGBY</small>	Muhammad Ali <small>BOXING</small>
Ernie Els <small>GOLF</small>	and many others!

More than just a book, this is a mental toughness program packed with numerous mind-training exercises to develop your medal-winning potential in any sport. You will learn to identify your own ideal mind-body state (called the "zone") for personal peak performance. You will be equipped with the tools to become more composed, concentrated, and confident when competing under pressure. You will find yourself coping with challenges or adversities better than ever before. And you'll learn to function better as a team player, too!

**Be the sporting champion you were meant to be!**

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## About the Authors:

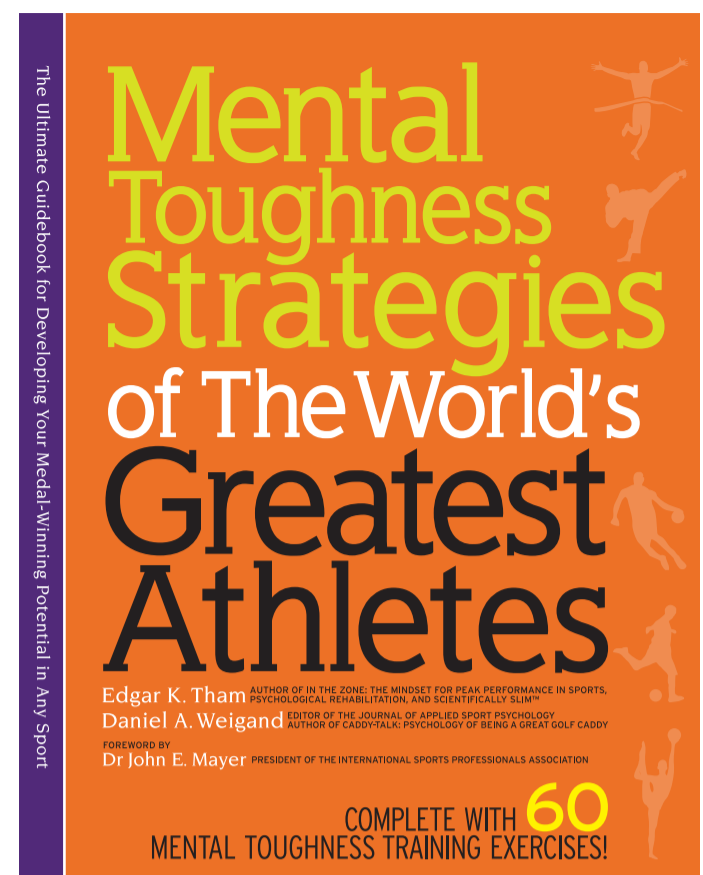
**Edgar K. Tham**, *Sport Psych Diplomate* (USA), MSc, CSC, RPsych, is Singapore's very first Sport and Performance Psychologist. As a leading practitioner in Singapore, he has worked with performers from more than 40 different performance domains (e.g., sports, music, performing arts, military, business, insurance, and online trading) since 1993. He was the team consultant and traveling psychologist for numerous national teams in preparation for the Southeast Asian Games, the Asian Games, the Commonwealth Games, the Olympic Games, the Paralympic Games, and World Championships, among others. Edgar was formerly Head of Sport Psychology at the Singapore Sports Council, and founding head and Deputy Director of the School of Sports, Health & Leisure at Republic Polytechnic. He is the author of *In the Zone: The Mindset for Peak Performance in Sport* and *Psychological Rehabilitation: Mental Skills for Recovery & Rehabilitation*, and co-author of *Scientifically Slim: 30 Proven Ways to Lose Weight & Keep It Off*. He is listed in the *International Who's Who of Professionals*, and is a popular seminar speaker and lecturer for peak performance psychology and coaching in Asia.

**Daniel A. Weigand** BA, MSc, PhD, is the President of Achieve Acumen, Inc. (USA) and the present Editor of the highly acclaimed *Journal of Applied Sport Psychology*. He is an internationally published researcher, specializing in motivation and performance enhancement. He has been the director of sport and exercise clinics, and has consulted with children, adolescents, and adults—including amateurs, professionals, and Olympians—from more than 20 individual and team sports. Dan was the former Chair of the Department of Sport and Exercise at the University of Northampton (UK) and the first American to serve as Chair of the Psychology Section of the British Association of Sport and Exercise Sciences. He is currently an adjunct professor at Northcentral University (USA). He is the co-author of *Caddy-talk: Psychology of Being a Great Golf Caddy*. He is also listed in *Who's Who in Science and Engineering*, *Who's Who in American Education*, and *Who's Who in the World*.

### Foreword: Dr John E. Mayer, PhD.

President of The International Sports Professionals Association (ISPA), USA; [www.theISPA.org](http://www.theISPA.org)

"Edgar Tham and Daniel Weigand have correctly embraced this concept of mental toughness as a fundamental condition of the human mind to succeed at sport. This book places mental toughness in its rightful place in athletic training and performance as a necessary building block to athletic success. I am certain this book and the principles they have developed will serve to be the classic guide in this area."



#### TITLE

Mental Toughness Strategies  
of the World's Greatest Athletes

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The Ultimate Guidebook for Developing  
Your Medal-Winning Potential in Any Sport

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