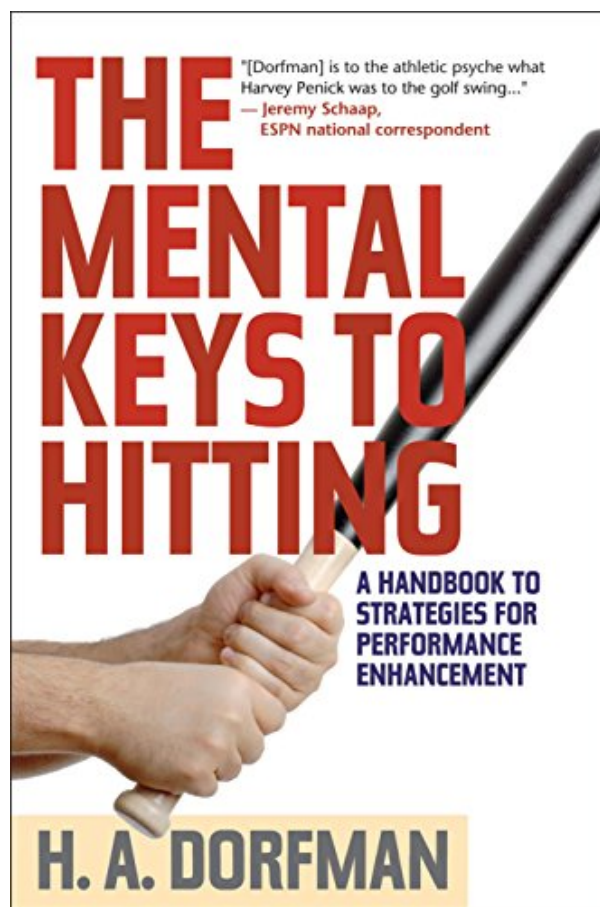
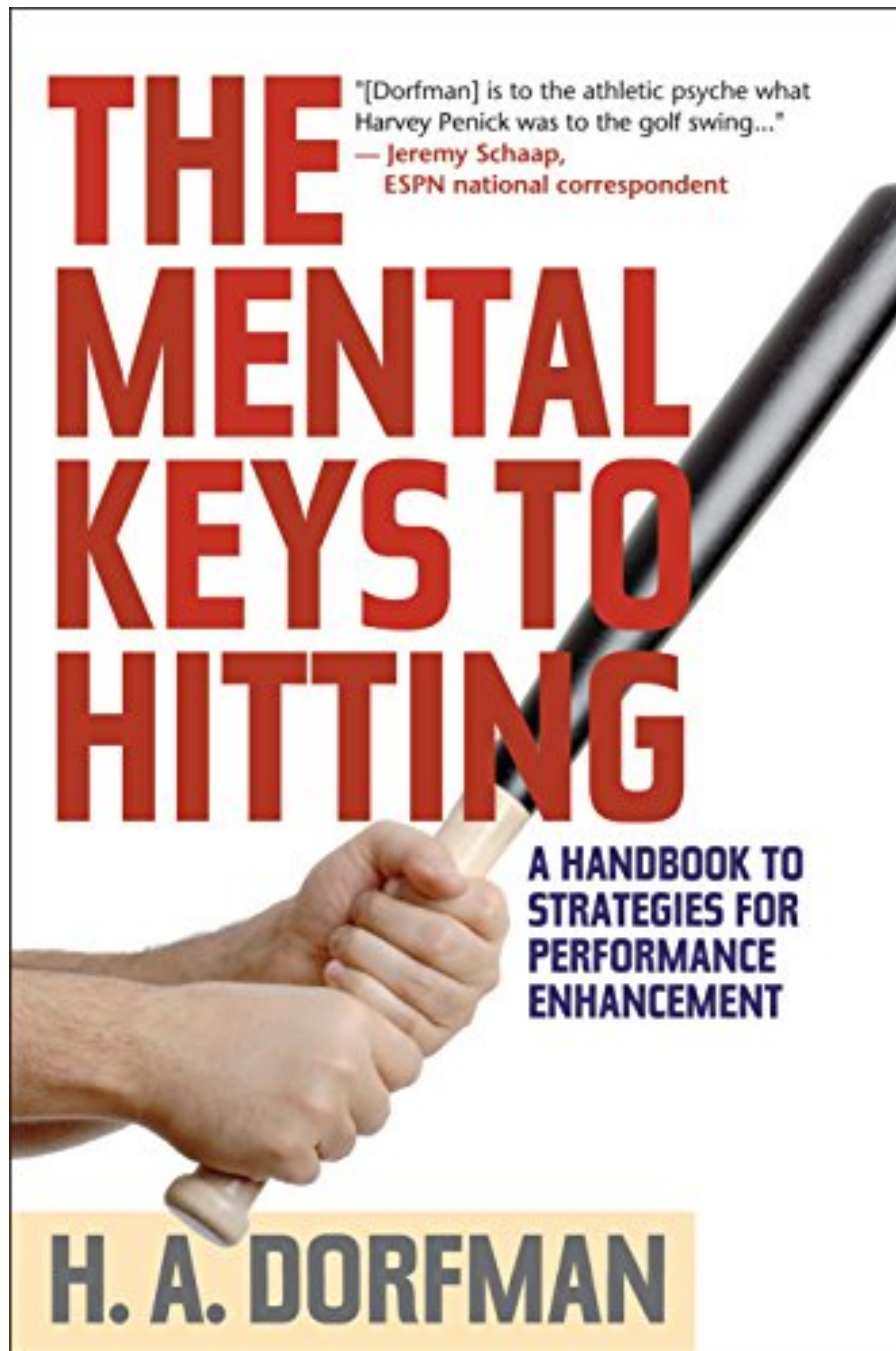


**THE MENTAL KEYS TO HITTING: A
HANDBOOK OF STRATEGIES FOR
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The Mental Keys To Hitting: A Handbook Of Strategies For Performance Enhancement By H.A. Dorfman. Learning how to have reading behavior resembles discovering how to try for consuming something that you really do not desire. It will need even more times to help. In addition, it will likewise little make to offer the food to your mouth and ingest it. Well, as reviewing a publication The Mental Keys To Hitting: A Handbook Of Strategies For Performance Enhancement By H.A. Dorfman, occasionally, if you need to check out something for your brand-new tasks, you will feel so woozy of it. Even it is a book like The Mental Keys To Hitting: A Handbook Of Strategies For Performance Enhancement By H.A. Dorfman; it will make you feel so bad.

Review

When Harvey left our organization to go work for Florida, we didn't even try to replace him because, quite frankly, his legacy was already throughout our system. All of the players and coaches and staff he touched over the years... had become imbued with his philosophy and approach to the game. They have become Harvey's disciples. -SANDY ANDERSON, former President and General Manager, Oakland Athletics, former Executive Vice President, Office of Major League Baseball, currently General Manager, New York Mets.

Harvey Dorfman's insights are exceptional and valuable. This book provides the best approaches for business leaders and those who coach and supervise others. -RUSS BRANDON, President, Buffalo Bills.

When you talk to Harv, you get the truth from him, whether you like it or not. He always says, 'I don't care about your feelings. I care about your actions.' -TIM BELCHER, former Major League Pitcher and Pitching Coach.

He's truly amazing. It's clear most people don't want to hear the truth about themselves, but Harv gets in your face, uses a few choice words to get your attention, and he's got you. -AL LEITER, former Major League Pitcher, currently Studio Analyst and Commentator.

Harv is absolutely unique. He's for real - a straight shooter. He gives it to you right on the line, whether you like it or not. Not many people can - or will - do that. -WALT WEISS, former Major League All-Star Shortstop, currently manager of the Colorado Rockies.

About the Author

H.A. Dorfman was a noted sports psychologist as well as a sports psychology counselor with the Scott Boras Agency. Recognized as a leading sports psychologist across the world, Dorfman was also a columnist and freelance journalist with articles appearing in The New York Times, The Boston Globe, and The Miami

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THE MENTAL KEYS TO HITTING: A HANDBOOK OF STRATEGIES FOR PERFORMANCE ENHANCEMENT BY H.A. DORFMAN PDF

A must-have book by acclaimed author and expert H.A. Dorfman that highlights the crucial mental components involved in hitting a baseball and playing the game, components that are as important, if not more so, than the intense physical regimen of an athlete."...helpful to hitters in little leagues or in the big leagues. The information is clear and to the point..." -- Charles Johnson, former catcher, Florida Marlins

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I have read thru 2x and will continue to review. Very good and simple ideas. I started using this info this season for my 14u boys and about mid-season it caight on and our hitting improved dramatically without changing any mechanics.

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Know a hitter who has great mechanics? Does well in practice, but seems to struggle during the games? Then this might be the book you need. Perhaps the best book on the subject. It can certainly help a player develop an approach to hitting that is likely missing--or at least improve one. Similar concepts can be found in "The Mental Game of Baseball" but it is worth reading both. This book just focuses and expands on the hitting area.

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By M. Roberts

Can't say enough about this author or this book. We bought everyone on our 14u travel team a copy, assigned them three chapters a week, and after the first week most of the boys were already reading ahead and talking about it among themselves. The author keeps his lessons simple and direct and backs them up with examples from the major leaguers he's worked with. We strive to make our players as independent as possible at this age, and this is a great way for them to develop a consistent mental approach to their at-bats and to understand how to set goals, self-coach, and manage expectations. Every serious baseball player from 12 on up should read this book.

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