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Mental Conditioning For Baseball: Give Yourself the Best Chance For Success (Masters of The Mental Game) (Volume 19)

Brian M. Cain, Matt Morse

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In Mental Conditioning for Baseball, Brian Cain, the foremost authority on mental toughness on the diamond, takes you through the process of developing mental toughness in yourself, your players and your program as you learn how to truly play one pitch at a time. Matt Morse, former D1 baseball player and student of Brian Cain Peak Performance, brings his experiences in the mental game to Mental Conditioning for Baseball. He adds a tremendous perspective gained throughout his playing career, and offers simple strategies to maximize performance and master the mental side of the game. Join Cain and Morse as they train you to: Compete one pitch at a time and live in the present moment Become a machine of consistency by implementing routines into what you do each day Build Championship Character and redefine who you are as a program Enhance your skill of Self-discipline and live a lifestyle of Excellence Gain Emotional Control and become master of your mental game Implement a step-by-step process to take you from where you are to where you want to be “Mental Conditioning for Baseball gives you incredible understanding and insight into the minds of the players you coach and human nature in general. I have worked with Cain at Wake Forest and can’t wait to get back on the diamond and coach up our guys between the ears using the simple strategies for success Cain shares in this book. Every coach should have a copy.” Cliff Godwin Head Baseball Coach East Carolina University “Brian Cain knows the rhythm of success. He is an incredible source of inspiration, and his methods have proven to get results. This book will change the way you coach and will change the way you live.” Gary Gilmore Head Baseball Coach Coastal Carolina University “Brian Cain is a teacher. He helps coaches and players in baseball to slow the game down and play at their pace, which gives them the best chance for success. His system helped us to win the Southeastern Conference in 2009 and 2014 and advance to Omaha in 2014. He is one of if not the best in the game when it comes to training the mental side.” Mike Bianco Head Baseball Coach The University of Mississippi 2009 & 2014 Southeastern Conference Champions 2014 NCAA College World Series “This book will help you learn to master the mental game of baseball. Cain is the premier mental conditioning coach for college and high school baseball.” Erik Bakich Head Baseball Coach The University of Michigan “A classic that every baseball coach should own.” Pat Casey Head Baseball Coach Oregon State University 2006 & 2007 NCAA National Champions “I have been in baseball my whole life and this is the best book on the mental game I have ever read.” Eric Milton 1996 NY Yankees 1st Round Pick 2001 MLB All-Star, Minnesota Twins Head Baseball Coach, Severna Park High School, MD

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