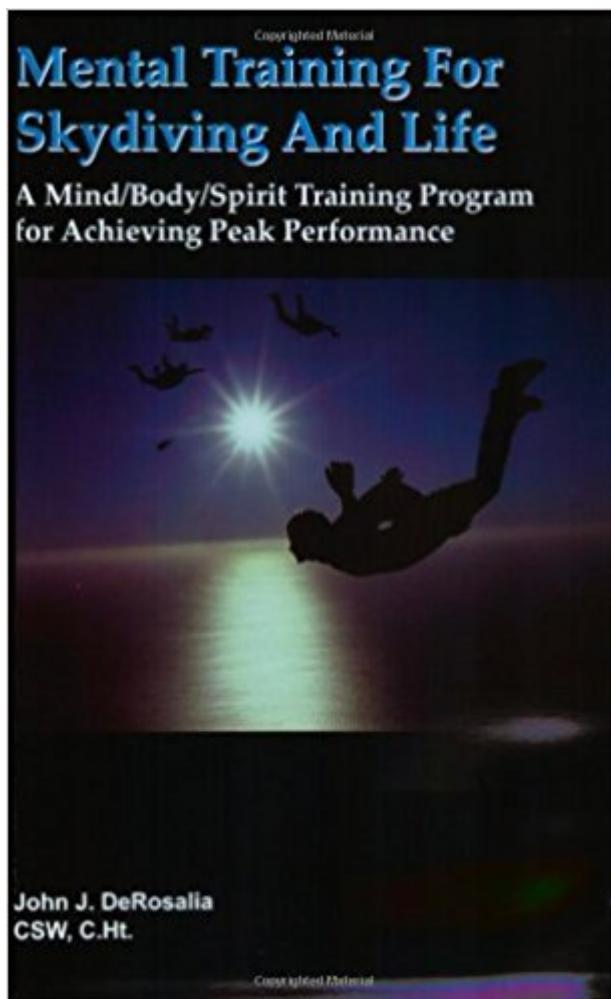


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# Mental Training For Skydiving And Life



## Synopsis

This is a peak performance handbook--for individuals and teams--for skydivers and non-skydivers alike. It's a "how to" book that teaches practical methods and techniques for designing realistic plans to achieve goals. Best of all it's filled with creative and innovative mental training tools that are simple to use and can be applied immediately. John DeRosalia is a master at motivation and performance enhancement. He's been training the *best of the best*; both in and out of skydiving for over a quarter of a century. The 2 chapters on teamwork alone are invaluable. The chapter Video Games<sup>TM</sup>the Creative use of Visualization and Imagery, is ingenious, extremely effective, and lots of fun. The chapter on Performance Anxiety can make a difference immediately. This book is an exhilarating experience. It can change your life.

## Book Information

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## Customer Reviews

I just finished the book and it is fantastic...awe inspiring, and moving. -- Joey Jones, FX, World Cup Champion

This book gripped me. I found myself grunting approval at every turn of the page. -- Jack Jefferies, Arizona Airspeed, three time World Champion

This book has had a major impact, not only on my skydiving, but also in my life. -- Dawn English, FX, World Cup Champion

This breakthrough book is without a doubt the best thing to hit skydiving since the invention of the wind tunnel. -- Joe Trinko, former Golden Knight, two time World Champion

John DeRosalia MSW, C.Ht., affectionately referred to as "Dr. John" in the skydiving community (even though he is not a doctor) is a Peak Performance Specialist and Consultant as

well as a psychotherapist, hypnotherapist, author, motivational speaker, and skydiver. In professional practice for over twenty-six years and founder of SkyMind School of Peak Performance, John has been the mental training coach for numerous world-class teams and individuals, among them World Cup Champions Generation FX, the British National Team (Sebastian XL), the Danish National Team (Nitro), the Canadian National Team (Plaid Jackets), the U.S. Army's elite parachute team (The Golden Knights), and the U.S. Parachute Team. He maintains a private practice in upstate New York and travels worldwide to coach and present his curriculum to a wide variety of athletes, business professionals and various other groups.

If you are serious about your skydiving, you must get a hold of this book. I'm sure you heard, or read Jack Jeffries' review of this book, he's right. Skydiving, as are other sports, is a mental game. MORE so than other sports because we only have about a minute of "pratice" time, each time we go up. That is important to remember. The author explains simply the techniques and exercises he uses and teaches to fly with proficiency. You'll breeze through it with his plucky attitude, and personal stories that relate to the ideas he teaches you. You won't be disappointed! And like the title says, it will help you in life as well. Mental training is where it's at. Get into the zone and WIN competitions!

Great book! No so much about skydiving but good for a general set of life skills!

Great read

This was a well written book about a fantastic topic. It's easy to be PASSIONATE about Skydiving and Life... this helps with the mental training to keep it all together

Good insights & helpful reading - if the methods are implemented.

Great book

If you are a competitive skydiver, it's worth picking up. However, there are better books for non-skydivers, like "The Pursuit of Excellence"

For many years I have been ploughing through libraries, second hand bookshops and, more

recently the web, with the goal of finding literature on mental preparation, in order to become a focused and better prepared competitor. In my search I have found a number of inspirational and excellently written books. None of them, however, have been written by a skydiver and therefore none of them have made that connection with this sport that we are so obsessive about. This book has. The quote below opens the book and sets the scene for its content."Anyone compelled into the competitive arena will encounter the greatest challenge a human being can face: the current of our own thought. Although we possess an awesome power to create our reality, few ever learn the simple mental techniques that accomplish outrageous results. If we can perfectly envision our mastery then mastery becomes our domain." Ellen ReedThis book explains the steps that can take us from an average skydiver to a master in our chosen field. It leads you through exercises, hands out some tools, and gives examples of how these techniques can work for you. The author is an experienced skydiver himself and uses words and text that we can relate to our sport, whether we are National Champion 4-way team members, in a freefly team, taking part in our first regional competition, or just starting our level one AFF. I'll end with a quote from the back cover. (Pete Allum, Sebastian XL, 15 time British National Champion)"This book gripped me. I found myself grunting approval at every turn of the page. Dr. John does a wonderful job of describing the psychological aspects of learning to skydive well. The mental world of skydiving is not only key to high performance but, for me, is its most rewarding element." (Jack Jefferies, Arizona Airspeed, three time World Champion.)

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