



Gold Minds: The Psychology of Winning in Sport

Brian Miller

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Brian Miller, Consultant Sport Psychologist of the British Olympic Association, calls upon his 20 years' Olympic experience to instruct and advise potential gold medal winners on the benefits of his unique mental training programme AIMS, or Acquiring Individual Mental Skills. Self-improvement is the consistent theme of *Gold Minds*. It covers every aspect of mental preparation required of the serious athlete from setting personal goals to dealing with pre-event anxieties and even Olympic village life.

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