



## The Mind Game Of MMA

*Kevin Seaman*

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## **The Mind Game Of MMA** Kevin Seaman

The Mind Game Of MMA 12 Lessons To Develop The Mental Toughness Essential To Becoming A Champion

This is the first book ever written on mental performance specifically for the growing sport of MMA. Written by Kevin Seaman, both a World Class competitor and a coach with over 40 years in the martial arts and over 20 years as a mental coach. The foreword was written by Professor Phil Migliarese III, a fifth degree black belt under Professor Relson Gracie and one of the leading authorities of Gracie Jiu Jitsu.

Kevin's first book, The Winning Mind Set was described by UFC Light-Heavyweight Champion Jon "Bones" Jones as "Simply Brilliant!" This invaluable book was read and used by competitors in the cage, on the mat, and the ring from the UFC, USMTA, Pan Am BJJ, and USA Boxing, to the extreme sports of Pro Kiteboarding, snowboarding, Olympic Skeleton, Pro Hockey and on.

In his new book, The Mind Game Of MMA, Kevin delivers some of the BEST mental coaching principles he's learned from a select few of the top coaches in the World, from Combat Sports, Professional Sports and personal development.

Learn the essential things you need to bring your game to the next level.  
Find out what separates the extraordinary competitor from everyone else.  
Capture the KEY to mastering performance under pressure.  
Discover the Critical Success Factors necessary to succeed on any level.  
Develop the self communication skills used by the Top Athletes.  
Get the results you want in the sport you love. Learn the secrets to Unleashing The Power Of Your Mind!

"Kevin is a wealth of knowledge, an excellent martial artist and a great instructor. I continue to use his books as references and look forward to new material." - Greg Nelson World Class Coach and owner of The Academy in Minnesota

"I recommend this book to anyone in athletic competition or even just as part of your mental toughness. Ajarn Kevin Seaman is the real deal and is one of the greatest coaches out there."  
-Ryan Balinfy

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#### **Mary Tiller:**

The reason why? Because this The Mind Game Of MMA is an unordinary book that the inside of the guide waiting for you to snap it but latter it will jolt you with the secret this inside. Reading this book close to it was fantastic author who all write the book in such amazing way makes the content within easier to understand, entertaining way but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of rewards than the other book possess such as help improving your talent and your critical thinking technique. So , still want to postpone having that book? If I have been you I will go to the e-book store hurriedly.

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#### **Bradford Padgett:**

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