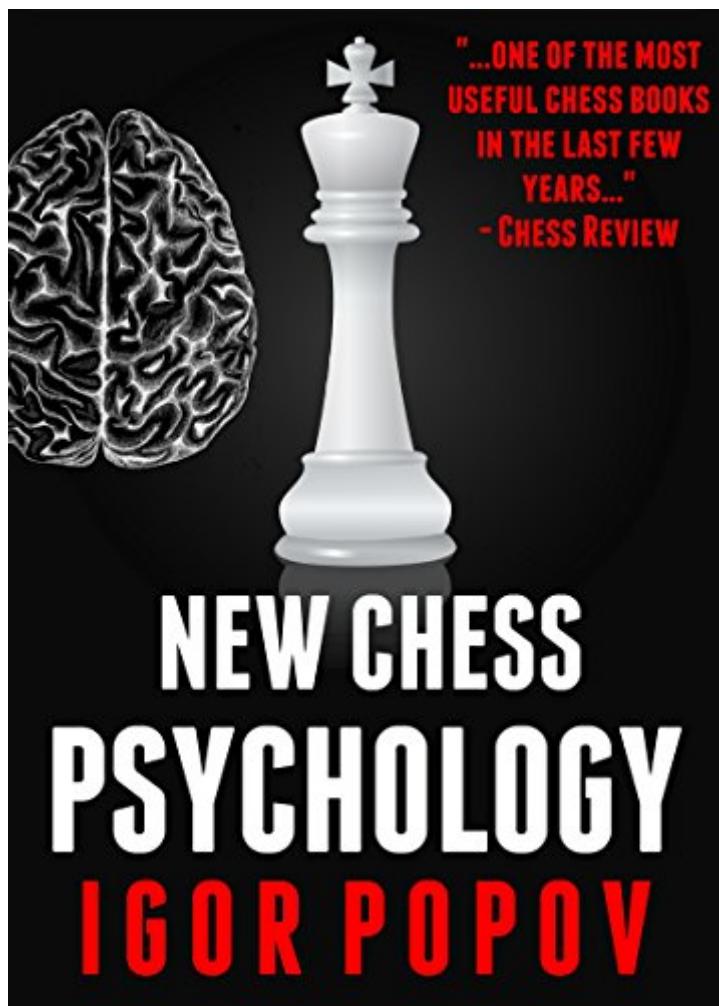


The book was found

New Chess Psychology



Synopsis

Mental Conditioning for the Modern Chess Player Manage your mental states at the board with proficiency. The mental side of chess is just as important or even more important than the technical aspect. People can study and study as much as they want but this will only ever get them so far. Real leaps and improvements can be made by mastering your mind and conditioning your thoughts when playing chess. It is amazing to see how so many people improve from just a few small tips and steps. This is what this book is all about. Mastering the mental game of chess through Strong Chess Psychology tips and tricks. We understand the importance of the mental side of chess and all the top performers in the chess world realise this as well. This book will help you reach that next level in your game by helping you control your thoughts and master the mental game through NLP techniques and tips. Tags: chess, Chess Psychology, Psychology, Sports Psychology, Mental Conditioning, Mental Game of chess, control your thoughts, Mental Training, NLP.

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