



# Come allenare la mente a vincere nello sport (Italian Edition)

*Giancarlo Fornei*

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## **Come allenare la mente a vincere nello sport (Italian Edition)** Giancarlo Fornei

«Con questo libro, Giancarlo Fornei si è superato, ha redatto uno strumento utilissimo per allenare la mente: è coinciso, chiaro, diretto con molti esercizi pronti all'uso. Mi ha coinvolto particolarmente tanto che lo sto rileggendo nuovamente. Anche se sono argomenti che già conoscevo, spiegati da una persona autorevole come lui, hanno assunto ancor più valore. Ho apprezzato particolarmente la sua autocritica all'inizio del libro, riguardo l'esperienza fatta in quella squadra di calcio... lo capisco... anch'io ci sono passato... anche se non propriamente con i giocatori ma con alcuni dirigenti che continuavano a ripetermi che allenare la testa non sarebbe servito a niente... speriamo che in Italia le cose cambino... che si riesca a far capire quanto sia importante avere una mente allenata che giochi con noi e non contro di noi, come invece spesso, ahimè succede. Lo ringrazio per avermi "illuminato" ancor di più su questo straordinario argomento. È un libro assolutamente da leggere e mettere in pratica!»...

Stefano Tavoletti (mental coach - attualmente al Trapani Calcio)

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