



# Mentales Training: Das Handbuch für Trainer und Sportler (German Edition)

*Hans Eberspächer*

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**Mentales Training: Das Handbuch für Trainer und Sportler (German Edition)** Hans Eberspächer  
Erfolg beginnt im Kopf, Misserfolg leider auch. Nicht nur im Sport, besonders im Leistungssport, spielt der Kopf, mit mentalen Zuständen und Prozessen nicht selten die ausschlaggebende Rolle. Auch in Beruf und Alltag gilt mentales Selbstmanagement als Erfolgsfaktor. Der Trainingsansatz: Mentales Training.  
Der renommierte Sportpsychologe und erfolgreiche Buchautor Hans Eberspächer war bis 2007 Professor für Sportpsychologie an der Universität Heidelberg. Hier zeigt er mit anschaulich aufbereiteten Beispielen aus der Praxis, wie Mentales Training wirkt und abläuft. Trainingsziele sind Aufmerksamkeit, Aktivierungs- und Vorstellungslenkung, Steigerung der Kompetenzerwartung sowie Ziele und Ansätze zur Analyse von Erfolgen und Misserfolgen.

Der vorliegende Ratgeber hat sich mit seinen vielen Auflagen im Laufe der Jahre zum Praktiker-Standardwerk des Mentalen Trainings entwickelt. Es zeigt Methoden und Wege die eigenen mentalen Fähigkeiten zu entwickeln und besser zu nutzen.

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