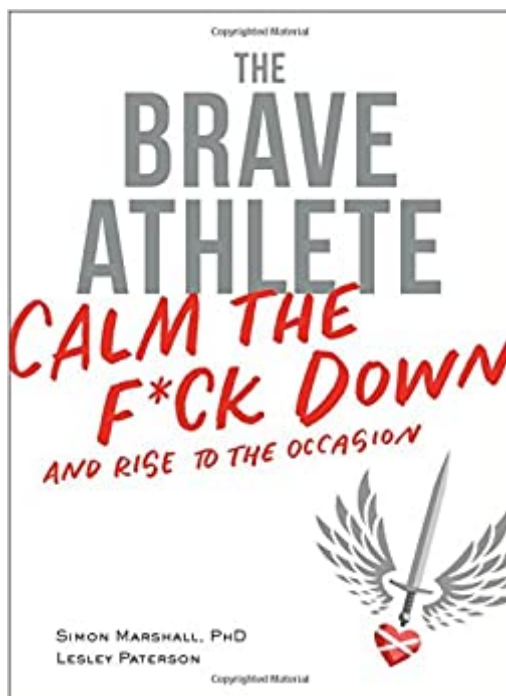


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# The Brave Athlete: Calm The F\*ck Down And Rise To The Occasion



## Synopsis

The Brave Athlete solves the 13 most common mental conundrums athletes face in their everyday training and in races. You don't have one brain "you have three; your ancient Chimp brain that keeps you alive, your modern Professor brain that navigates the civilized world, and your Computer brain that accesses your memories and runs your habits (good and bad). They fight for control all the time and that's when bad things happen; you get crazy nervous before a race, you choke under pressure, you quit when the going gets tough, you make dumb mistakes, you worry about how you look. What if you could stop the thoughts and feelings you don't want? What if you could feel confident, suffer like a hero, and handle any stress? You can. The Brave Athlete from Dr. Simon Marshall and Lesley Paterson will help you take control of your brain so you can train harder, race faster, and better enjoy your sport. Dr. Marshall is a sport psychology expert who trains the brains of elite professional athletes. Paterson is a three-time world champion triathlete and coach. Together, they offer this innovative, brain training guide that is the first to draw from both clinical science and real-world experience with athletes. That means you won't find outdated "positive self-talk" or visualization gimmicks here. No, the set of cutting-edge mental skills revealed in The Brave Athlete actually work because they challenge the source of the thoughts and feelings you don't want. The Brave Athlete is packed with practical, evidence-based solutions to the most common mental challenges athletes face. Which of these sound like you? "Why do I have thoughts and feelings I don't want?" "I wish I felt more like an athlete." "I don't think I can." "I don't achieve my goals." "Other athletes seem tougher, happier, and more badass than me." "I feel fat." "I don't cope well with injury." "People are worried about how much I exercise." "I don't like leaving my comfort zone." "When the going gets tough, the tough leave me behind." "I need to harden the f\*ck up." "I keep screwing up." "I don't handle pressure well." With The Brave Athlete: Calm the F\*ck Down and Rise to the Occasion, you can solve these problems to become mentally strong and make your brain your most powerful asset.

## Book Information

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## Customer Reviews

Lesley Paterson is one of the most mentally tough professional athletes I know, and Simon Marshall knows why. Their special sauce has finally been bottled and the strategies described in *The Brave Athlete* promise to help athletes of all abilities become dirty fast.

• Tim Don, World Champion triathlete

Forget marginal gains, Dr. Simon Marshall understands the most important part of performance: the athlete's mind. His expertise is an invaluable resource to help athletes master theirs.

• David Bailey, PhD, Head of Performance at BMC Racing Team

My training background and philosophy evolved under the coaching of Lesley and the mental slapping of Simon.

• Jessica Cerra, professional cyclist

I have admired Dr. Simon Marshall's talent as a scientist and a communicator for more than two decades. In *The Brave Athlete*, he brings this talent to the fore as he translates psychological science into meaningful strategies to help athletes become more confident, motivated, and calm.

• Dr. Kirsten Davison, Professor of Public Health, Harvard University

At the Leeds Triathlon Centre, we pay as much attention to psychology as we do to physiology. Few things are simple in sport but in *The Brave Athlete*, Simon and Lesley tackle the complexities of getting the best from yourself in a clear and engaging way.

• Jack Maitland, Head Triathlon Coach, Leeds Beckett University

*The Brave Athlete* will take you deep inside yourself so that you can identify what you thought were your limits and, with Simon and Lesley's help, smash them to smithereens.

• Bob Babbitt, host of Babbittville Radio, USA Triathlon Hall of Fame inductee

Simon and Lesley get to the heart of what it takes to be a brave athlete. It's about creating a mindset that goes to bat for you rather than against you. *The Brave Athlete* is an invaluable guide to help you sort your head out. Plus it's funny. Really bloody funny.

• Flora Duffy, World Champion triathlete

Marshall and Paterson, in some kind of post-Western duo, limn their own version of Wyatt Earp and Doc Holliday. Only the guns and whiskey are replaced with doctoral degrees and world titles. In *The Brave Athlete* they challenge the reader to draw swords on the psychic battlefields of sport but do so with the gift of Continental mirth and compassion.

• Scott Tinley, two-time Ironman World Champion, author, and teacher

Working with Lesley and Simon has been one of the biggest life-changing experiences.

• Mauricio M ndez, XTERRA

World Champion and Ironman 70.3 championâ œSimon and Lesley bring years of training at the world-class level, in multiple sports, together with years of working in academiaâ œall in the real world.â • â •Janel Holcomb, professional cyclists and coachâ œLesley's passion for helping others grow and enjoy a deeper sense of satisfaction with their lives is evident in everything she does. In her book, she expertly addresses the concerns and setbacks so many people face in their pursuits, and outlines a simple and elegant strategy for helping anyone become their very best.â • â •Ben Hoffman, Professional Triathlete and Ironman Championâ œI always struggled with my inner self and demons during races. Simon taught me not only how to deal with those demons, but how to manipulate them in such a way to take my racing to an entirely different level.â • â •Kyle Hummel, Ironman 70.3 Age Group World Championâ œThe formula for this book is a winner and can be applied to any challenging situation.â • â •Dr. Jacqueline Kerr, Professor of Family Medicine and Public Health, University of California at San Diegoâ œDr. Simon Marshall and World Champion Lesley Paterson remind us that that the best kind of sport psychology is when evidence-based science meets the minds of real athletes. The Brave Athlete bridges this gap with humor and compassion, whilst revealing tenacity for moving forward. This book shows us how to cope with common demons that threaten to disrupt our performances and enjoyment of sport.â • â •Dr. Alison Pope-Rhodium, Professor & Chair, Sport Psychology, JFK Universityâ œCombining their experience in triathlon, psychology, and writing, Lesley and Simon are a force to be reckoned with. Theyâ™re brilliant and hilarious.â • â •Mitch Thrower, Founder and Chairman of Events.com, Author, and 22x Ironman Triathleteâ œThe tools I've learned from Simon are simply priceless, and to have it all encapsulated into a book for everyone to read is critical reading for any athlete looking to perform at their very best.â • â •Amy Dixon, Paralympic Hopeful, ITU World Ranking: #5â œLesley has also shown me the ability to suffer like no other with the strategies outlined in The Brave Athlete. With these skills, neither family or sport is jeopardized, bringing a much-needed balance to my life.â • â •Brandon Mills, age-group mountain bikerâ œDr. Marshall has such way of explaining the human mind, in the simplest terms and why we think the way we do. Both of them were there day one when I fought the biggest battle of my life: breast cancer, and Iâ™m still winning. Simon and Lesley are coaches who â^walk the talkâ™Iâ • â •Marison Beniek, age group triathlete and breast cancer survivor

The Brave Athlete is a practical, step-by-step guide that solves the 13 most common mental conundrums athletes face in their everyday training and in races.

Good, light read for athletes who are competitive, but looking for that mental edge to pull them out of a slump!

I really appreciated the scientific yet humorous tone of this book, and found the exercises to be great "putting into practice" the ideas presented in each section.

I found it humorous and I found tools I can use right away. The worksheets will be difficult to use from the kindle format on my phone though.

You don't have to be an endurance athlete to read this. If you are an endurance athlete you should read it.

Hard to read, hard to take as professional advice. Material is written like a couple of frat bros conversating. Skip it

Great book, lot's of info and funny too!

A great book written in an understandable and even funny way that takes scientific information and makes it easy to apply

Every athlete should read this book to improve their performance! Dr. Marshall breaks down the mind and how to harness it to the athletes benefit.

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The Brave Athlete: Calm the F\*ck Down and Rise to the Occasion The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life Just Three Words: Athlete, Mother, Survivor, How One Brave Woman â •Against All Oddsâ • Wins the Race of Her Life Brave New World and Brave New World Revisited Malala, a Brave Girl from Pakistan/Iqbal, a Brave Boy from Pakistan: Two Stories of Bravery Escape To Calm Adult Coloring Book Set With 24 Colored Pencils And Pencil Sharpener Included: Color Your Way To Calm Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm) Rays of Calm: Relaxation for Teenagers (Calm for Kids) Down, Down, Down: A Journey to the Bottom of the Sea Forty Million Dollar Slaves: The Rise, Fall, and Redemption of the Black Athlete Care and Feeding of an Athlete: What You Need to Know to Rise to the Top of Your Game The Neelys'

Celebration Cookbook: Down-Home Meals for Every Occasion Strange Paradise: A Collection of Swear Word Coloring Book Pages for Adults: For fans of adult coloring books and swear words. Profanity, swearing, ... grown ups. Just calm the fuck down and color. Calm the Fuck Down and Color: Adult Coloring Books Swear Words The Things You Can See Only When You Slow Down: How to Be Calm and Mindful in a Fast-Paced World Project You: More than 50 Ways to Calm Down, De-Stress, and Feel Great (Switch Press:) Calm the F\*ck Down: An Irreverent Adult Coloring Book Calm-Down Time (Toddler Tools) Swear Word Coloring Book Adults Retro & Pop Art Edition : A Very Sweary Coloring Book: 44 Stress Relieving Curse Word Pictures To Calm You The F\*\*k Down (Swear Word Coloring Books) (Volume 4) Calm The Fck Down - Pink Linen: 6" x 9", It's Journal Time, Lined Blank Book, Swear Word Journal, Durable Cover, 150 Pages (Diary, Notebook)

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