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H.A. (Harvey) Dorfman's book
- The Mental ABCs of
Pitching: A Handbook for
Performance Enhancement - is
one of those classic mental
game pieces. My friend
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Velocity) turned me on to
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it helped him become a
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was crucial to his success
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**The Mental ABCs of Pitching
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The mental ABC's of pitching (1999 edition) | Open Library

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How many times have you heard these lines describing a struggling pitcher: "It's

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a mental issue" "He has the yips" "He's lost the ability to throw strikes" "It's all in his head" "He's mentally weak" "He's in a slump" "He doesn't have a mental approach"

How To Master The Mental Game Of Pitching

The Mental Abc's of Pitching: A Handbook for Performance Enhancement. by. H.A. Dorfman. 4.22 · Rating details · 116 ratings · 14 reviews. Author H.A. Dorfman brings his years of expertise as instructor/counselor with the A's, Marlins, and Devil Rays to provide an easy-to-use, A-to-Z handbook which

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will give insight and
instruction on how to pitch
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The Mental ABCs of Pitching by H. A. Dorfman is a wonderful, simple book that goes through the English alphabet presenting a key word for each letter. Dorfman writes about a wide range of practices and beliefs, ranging from Breathing to Goals to Mantra to Umpires.

Book Value: The Mental ABC's of Pitching

It was called "The Mental ABC's of Pitching," by a sports psychologist named H.A. Dorfman. I read the book one spare evening,

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though, as you may have noticed, I'm not a pitcher ☹ and no major...

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Mental Abc's Of Pitching

Here's another perfect lean fit from The Mental ABC's of Pitching: "Habits." The more a pitcher can develop routines, the more confidence he can have in his preparedness. He will feel a greater sense of control and focus. His routines are formed through choice and consistent expression of the behaviors he understands will serve

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Book Value: The Mental ABC's of Pitching - lean

It was during this time that Brandy Halladay, Roy's wife, picked up a book for him which she hoped would help restore his sagging confidence. The book was called "The Mental ABC's of Pitching: A Handbook for Performance Enhancement." The book was written by Harvey Dorfman. Sixers' newest sharpshooter Curry chooses jersey number

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