



# The Mind'S Eye: The Evolution Of The Athlete'S Skills And Consciousness

*Jimmy Joy*

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## **The Mind'S Eye: The Evolution Of The Athlete'S Skills And Consciousness** Jimmy Joy

The Mind's Eye describes a successful method in the implementation of a mental training program for rowers. Under Jimmy Joy's guidance and direction countless rowers at all levels, including the international and university level, trained using an integral approach that develops the athletes skills and his consciousness. This book is Jimmy's description of the specific processes involved in developing you or your athlete's ability to achieve Flow (the sense of effortless in an activity) and experience peak performance.

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