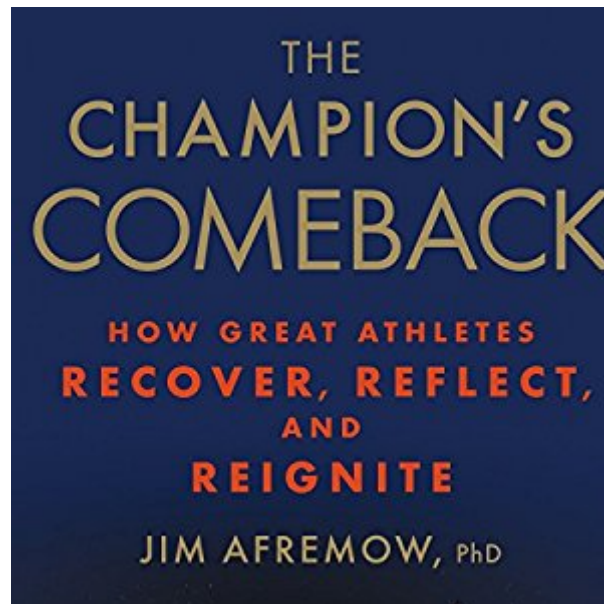


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# The Champion's Comeback: How Great Athletes Recover, Reflect, And Reignite



## Synopsis

Your ultimate guide to overcoming losses and injuries and achieving greatness - on and off the field. Leading sports psychologist Jim Afremow, author of *The Champion's Mind*, knows what makes good athletes great, especially when they come back to win after facing devastating injuries, tough obstacles, or seemingly insurmountable odds. Making a comeback isn't just about raw talent or athletic ability - it's the mental game that counts most. In *The Champion's Comeback*, he offers winning strategies for athletes of any age or skill level to get mentally psyched for competition, quickly rebound after a loss, and overcome injuries (and the fear of reinjury). Afremow explores the psychology of commitment and shows you how to develop the core confidence of repeat champions. Featuring unique tips and advice, including guided imagery scripts, easy-to-follow mental training exercises, and motivating stories of famous "comeback" athletes, *The Champion's Comeback* is the ultimate athlete's handbook, encouraging you to not only stay in the game but also achieve greatness - no matter what.

## Book Information

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## Customer Reviews

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Grasping the baton from the hand of *The Champion's Mind: How Great Athletes Think, Train, and Thrive*, this book looks at how all great champions continue to persevere despite losses, injuries, and other personal and professional setbacks. Success in sports rarely follows a straight line or predictable path. *The Champion's Comeback* zeroes in on how champions learn to repeat

their successes and pick themselves up after setbacks by consistently practicing positive habits and thought patterns. This book is for people of all ages and all levels of competition. If you have the heart and desire to get back in your game and compete like a champion, this book is for you. ~ Jim Afremow from *The Champion's Comeback* Jim Afremow is one of the world's leading sports psychologists. We covered his first book *The Champion's Mind*. Check out the Notes on that. This one is kinda like part 2 in which we look at how the Champion responds to the inevitable (!) setbacks faced on the road to greatness "using those setbacks as opportunities to bounce back and make a sweet comeback. It's packed with Big Ideas + great stories of individual and team comebacks. Plus a ton of awesome quotes. I'm excited to share some of my favorite Big Ideas: 1. Challenges vs. Threats - How do you see setbacks? 2. The 7 L's - Of the Champion's Comeback Code. 3. Your Contract - You outperforming it? 4. Practice - Until you can't get it wrong. 5. Want to Live Longer? - Smile. Let's do this!!! More goodness " including Philosophers Notes on 300+ books in our "OPTIMIZE" membership program. Find out more at [brianjohnson . me](http://brianjohnson.me).

This is an excellent book. As an athlete who has dealt with obstacles, injuries and set backs I have found sound advice to cope and come back as a better athlete and a better person. This book touches on many obstacles we face to make a come back and gives us the tools and a skill set to bring ourselves to the highest level. Most sports psychology books give you tools to deal with competition, but the process to achieve the highest level is full of road blocks that unless we tackle them we won't achieve the best we are ought to be, this is the book that will help you get there.

Action-packed, adrenalin-pumping authoritative account of well-known professional athletes making comebacks from a variety of setbacks. The real story behind the champions motivates us recreational athletes to overcome our setbacks and be the best we can be. Period. Excellent read. Don't delay read it today.

Dr. Afremow hit another homerun with *The Champion's Comeback*. His previous bestseller, *The Champion's Mind*, helped me tremendously in so many ways, and this book is the perfect complement. In one of my favorite chapters, Dr. Afremow walks you through numerous mental practices and exercises for a multitude of sports and specific situations athletes face. The stories are incredible. The Comeback is real. Only question is, how many times will you reread this book?

In my own baseball career i needed to overcome a lot of adversity. Injuries and lack of performance

took a toll on me mentally. I wish I would have had a tool like this earlier to help guide me through through adversity but I am glad I can use this as a reference now.

Jim Afremow has once again written a stellar book. He provides specific tips for how to bounce back from set backs in life and sport. Each chapter gives a lesson the backs it up with anecdotes from the sports world. If you want to learn how to recover for the crap life can throw at you, take these lessons from the best.

A great segway from *The Champion's Mind*. This book will evoke all kinds of emotions and feelings that you may think aren't present in your mind and allow you to transform into the champion athlete that you want to be. I am going through recovery from arthroscopic hip surgery and reading this book has given me an authentic perspective of my situation not only as an aspiring golfer chopping wood to get to the PGA Tour, but also as a person. I have focused on mastering the rehab process and now view the lost golf season as a great opportunity to come back even stronger and wiser than ever before. I cannot think Dr. Jim Afremow enough for sharing the greatest gift he could ever give anyone, his wisdom and transformative lessons in *The Champion's Comeback* that allows us to discover the inner champion that exists in every one of us!

Dr. Afremow has a unique ability to convey scientific information and also tell interesting and inspiring stories. One of the things that I enjoyed about the book is that Afremow, unlike many of his peers, has no problem checking his ego at the door and letting the athletes tell their stories, and then he uses those stories/interviews to circle back to the themes of the book. As a former athletic person on my way back to being more athletic, I have found this book to be very useful. You come to realize that the physical limitations are there for everyone, but champion's make their comebacks because of their ability to tackle the mental obstacles. *The Champion's Comeback* gives you insight into that mental obstacle course and how to best navigate the course. Embrace the Comeback!

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