



Soccer Magic: The psychological and spiritual sides of High Performance

Frederick Dodson

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This book is especially written for the small group of professional football (soccer) players, coaches and soccer clubs. It focuses exclusively on the psychological and spiritual aspects and dimensions of the game. Among the things you will learn are: How to get your team into a state of flow, how to utilize the euphoria of the audience, how to train team-play intuition and spatial attention, how to break patterns of negative habit and create new success patterns, how to recover from injury more quickly, how playing for a higher purpose boosts your performance, advanced states of concentration and much more.

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