

# Sports Hypnotist

Sports Hypnotist, Craig Sigl C.Ht., NLP-T

This fireplug has been an athlete his entire life. At 5' 5" tall and always competing against far larger opponents, Craig knew he had to find an edge in order to keep up. This challenge and his discoveries in the mental game of golf, his favorite sport, led him to studying applications of the mind to sports.

As a student and researcher, he has immersed himself in learning and reading about personal performance and sports psychology ever since. This burning interest and curiosity led him to create his first instructional product for golfers: "Without Practice."

"Without Practice" emerged from his own personal experience in struggling for 20+ years to "Break 80" , or score in the 70's, on a regulation course. He found that through mental work alone, he was able to achieve what he couldn't before for all those years of lessons, tips and practicing. Golfers should visit <http://www.break80golf.com/>

After selling over 500 copies of Without Practice around the world in it's first 9 months, Craig furthered his education and knowledge by completing trainings from Advanced Neurodynamics and the American Board of Hypnotherapy to begin his own Personal Mind Training practice.

On any given off day, you can find Craig at the gym working out, at the golf course, running the track, or just playing ball at the local school yard with his 2 boys and their friends. At the age of 44, he might even accept a challenge for a 50 yard dash race!

"Participation in sports is more than about just playing a game. It teaches so many of life's lessons that we wouldn't otherwise experience. It can also lead to exciting possibilities of discovering potential in all areas of our life through the power of the mind." Craig Sigl

Craig also specializes in using Hypnosis for Pain management. See <http://www.hypnosispainrelief.com>

Craig's qualifications:

National Guild of Hypnotists, Certified Hypnotherapist

Medical Hypnotherapist Certification - Alabama School of Hypnotherapy

International Medical & Dental Hypnotherapy Assoc. Certification

The National Board of Professional and Ethical Standards Certified

Certified Sports Hypnotist

ABNLP Certified NLP Master Practitioner

Association for Integrative Psychologies Trainer and Master of NLP, Hypnosis, Time Empowerment techniques

Toastmasters - President Richland club, CT level speaker

Education: B.S. Cal State University Long Beach

Testimonials From Break 80 Golf Customers

More About Craig at His Personal Blog: <http://www.break80golf.com/blog/>