

Sports Hypnosis Seattle

Seattle Sports Hypnosis: The Difference Between Your Game Now... and Getting You To The Next Level

You've worked your tail off... in the gym...on the practice facility... at the field. And still you come up short when the competition is over. You might ask yourself: Why Do I Keep Blowing It?

Why am I perfect in practice but not in the game? Why do I keep doubting myself? Maybe you've even had thoughts of giving it up...throwing in the towel. The answers are in your mind and you already know that don't you? At the highest levels of sport, what defines the champion... is what goes on between the ears.

You've got a choice now. You can go see a sports psychologist every week for...well...forever. Or you can use Sports Hypnosis in my office in Bellevue, Wa... like these pros:

In 1956, Eleven hypnotists accompanied the Soviet athletic team to the Olympics in Melbourne. Ingmar Johansson used Hypnosis training before wresting the heavyweight boxing title from Floyd Patterson in 1959. In 1967, a dentist, Dr. Raymond Abrezol, guided the Swiss ski team to 3 out of 4 members earning medals using hypnotic techniques. He later created his own mental training science called "suggestopedia" based on that and the Swiss began to dominate ski events. Ken Norton used hypnosis to defeat Muhammed Ali (and broke his jaw) in the 1973 fight where Ken was a 7-1 underdog. Ali began using hypnosis soon after. Rod Carew had a nagging injury that threatened his career. Through hypnosis, he turned the lingering pain into a .400 batting average. In 1984, Mary Lou Retton consulted with a hypnotist for the L.A. Olympics and Won the Golf Medal. Phil Jackson has used and still uses mediation and hypnosis for all his championship basketball teams with the Bulls and Lakers. He's been frequently called a "Zen Master." Mark McGwire reported using hypnosis to be able to relax for his baseball games.

Tiger Woods began seeing Jay Brunza at the age of 10 for hypnosis and mental training.

Jimmy Connors used Hypnosis in his Tennis Championship wins.

Phil Mickelson was trained by mental coach and hypnotist Dean Reinmuth.

What more do you need to be convinced by? Most professional athletes are reluctant to talk about their sports hypnosis training. Perhaps it's because they don't want their competition to know of their mental edge. Golfers are probably the most numerous group hiring hypnotists since Golf has been said to be 90% mental and only 10% physical (see www.break80golf.com)

Call now for a free consultation in my Bellevue Wa. office to see how I can help you live your athletic dream. 425-205-0024

or, you can just keep on doing what you've always been doing and get the same results you've always gotten.