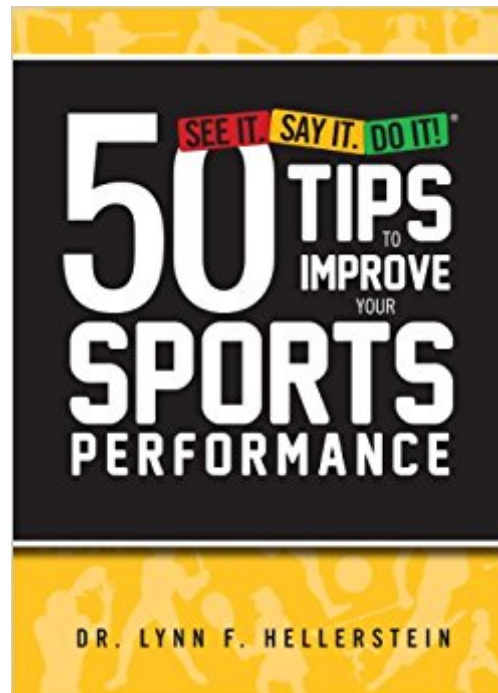




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# 50 Tips To Improve Your Sports Performance



## Synopsis

Do you lose concentration during sports performance? Is it hard to keep your eyes accurately tracking? Have you noticed difficulty with depth perception? Do you use visualization or imagery strategies? Do you miss your shots or swings? If you answered YES to any of these questions, then read on... Elite athletes train their vision and visual brains to get the winning edge and you can, too. For all ages and abilities, the exercises in 50 Tips will tip over the barriers holding you back to improve your sports performance. Toss a copy of 50 Tips into your sports bag, head out to the gym or field, and put these gems to work for you, whatever your sport: \*Build the 15 vision-related skills key to great performance. \*Refine eye-mind-body coordination. \*Learn to use the SEE IT. SAY IT. DO IT! process to boost confidence and competitive edge. \*Prevent sports vision injuries. For individuals of all ages: kids, weekend warriors, serious athletes, parents, coaches, and teams. In this book: This easy-to-use handbook includes tips and exercises to build specific skills. Part One: Refine eye-mind-body coordination with exercises for eye tracking, focus, peripheral vision, concentration, and more. Part Two: Gain mental edge through the SEE IT. SAY IT. DO IT! process. Includes exercises for teams and children by age group. Part Three: How to practice sports vision safety. Many of the best athletes in the world...understand the importance of their visualization process. Dr. Hellerstein has found a way to explain these and many other keys in a simple, easy-to-read format. Well worth the time.... Kevin Eastman, Assistant Coach, Boston Celtics Optometric Vision Therapy made a big difference in my life and my football career. Learning-related vision problems can have a serious impact on a child's education. Larry Fitzgerald, NFL Pro-Bowl Wide-receiver 50 Tips to Improve Your Sports Performance is dedicated to you: the athlete who wants to perform at your peak potential. Whether you are a weekend warrior or an elite athlete, superior visual skills can take you from good to great, allowing you to increase your potential and maximize your sports performance.

## Book Information

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## Customer Reviews

See It. Say It. Do It! 50 Tips to Improve Your Sports Performance opened my eyes to the power of visualization. Great athletes use it...you should too! --Joe Theismann, NFL

Broadcaster/Entrepreneur, NFL Pro-Bowl Quarterback Having worked with amateur and professional athletes alike, 50 Tips is a must read for all individuals involved in meaningful movement. The information, techniques and activities in this book benefit our children on every level of life's learning journey. --Sue Lowe, O.D. FCOVD, Past-Chair of the American Optometric Association Sports Vision Section

A pioneer in vision therapy and developmental optometry, for more than 30 years Dr. Hellerstein, has helped thousands of children and adults improve their vision and transform their lives at home, in the classroom, and most recently on the playing field. Her breakthrough methods unlock barriers to learning and rewire around brain injuries, and perceptual or processing deficits. But you don't have to have a vision problem to benefit: her strategies may be the missing magic if you're an athlete trying to nail a tricky shot or stay cool in competition. If it's a skill you can visualize, Dr. Hellerstein can help train your eyes and mind's eye on success. Award-winning author Dr. Hellerstein has extensive professional publications to her credit, but witnessing the joy of her patients overcoming a learning barrier or meeting a sports goal put her on a mission: to deliver her methods into a form that could reach a wide audience of parents and educators, to help more kids and more athletes. Her award-winning series, SEE IT. SAY IT. DO IT!®, is the happy result. Optometric practice Dr. Hellerstein co-owns Hellerstein & Brenner Vision Center, P.C., a full-scope optometry practice in the Denver-Metro area, where she is a developmental optometrist and manages the vision therapy department. The practice specializes in the prevention, treatment, remediation and enhancement of the visual system for children and adults to achieve optimal function. Speaking Dynamic and engaging, Dr. Hellerstein is a popular speaker nationally and has appeared internationally. Her electrifying programs open the eyes of parents, educators, therapists, athletes, coaches, optometrists, and physicians to the power of the visual brain and how to engage it effectively. Consulting Many educational and parenting groups, rehabilitation facilities, and sports

teams consult with Dr. Hellerstein to increase success in school, work, sports, and confidence. Most recently, Dr. Hellerstein is helping entire organizations boost workplace performance. Please contact Dr. Hellerstein for information about she can help your organization boost performance. Avid athlete and sports fan Dr. Hellerstein s participation in sports and interest in sports performance are personal and a lifelong love. In earlier years, she played racquetball and tennis, and now hikes, walks, and practices yoga. Her description of her one-and-only marathon shows that she clearly knows what it s like to aim high and move past apparent physical and mental limits. Today, she is an assistant curator at National Ballpark Museum, a nonprofit museum in Denver, Colorado, where fans experience baseball in its purest form. Her baseball-playing husband, Bruce, is the museum curator. Dr. Hellerstein s daughters are National Champion dancers and stay fit through yoga, boot camps, and hiking.

taken from a letter sent September 2014 to Dr. Hellerstein: I want to share how much my 13 year old son has enjoyed this new book. He has already read it through once on his Kindle Fire and is now working through it again and doing the exercises. We finally discovered our son's need for vision therapy when he was in the 5th grade. He loved to read but was struggling significantly with spelling and writing. We heard about vision therapy on a radio program in Ft. Wayne, IN. Our son finished therapy during the summer of 2011. I had signed up for Dr. Hellerstein's newsletter when we first discovered vision therapy. I didn't tell our son, my sports loving football, wrestling and track athlete about this new book; he just came home to it on his Kindle. He prepared for his first football game by doing the exercises in the book, which I didn't know about until after the game! He had awesome plays during the game and attributes much of his success to what was taught him. "Thank You" seems so inadequate for Dr. Hellerstein's work in vision therapy. We are recipients of the miracle found in vision therapy and will be forever grateful.Sincerely,J. SearsIndiana

Neat little booklet that makes for a quick read. It is very well organized with numbered tips, boxes, and images. Lots of attention is placed on the mental aspect of athletic performance, including a widely used performance enhancement method. In addition to tips, the book contains quizzes and exercises for the improvement of mind-body coordination, or as the author puts it, the "eye-mind-body coordination". ...

A friend told me about this book. She suggested that it would help me with my concentration. So before I read the book and started doing the exercises, I had a hard time staying on task. I read the

book and started applying the suggestions of the author and to my amazement after a few weeks all of a sudden I noticed that I'm able to stay focused and on task with out having to be distracted.I notice that my productivity is a lot higher.So I give this book a glowing 5 stars and many thanks to the doctor.

Dr. Hellerstein has written an exceptional book based on techniques and exercises to enhance your athletic performance. Anyone who wants to improve their game; this book is a must read!!

Matches with optometry prescribed eye exercises, great reference.

This small book surprised me with its unique content. The author practices optometric vision therapy for children. She has synthesized techniques for activities that improve eye-hand coordination to visualizing success.The tips are exercises - practices. Some are exercises employ physical vision, some use occupational therapy methods that are useful to almost everybody and some use success visualization such as practiced by peak performers including sports figures.The exercises are deceptively easy to do. It's the rigor and focus that will build up the individual. The techniques will also be useful to parents that work with their children. People that perform in high-stakes situations such as athletes, musicians and teachers will find the techniques useful. I tried most by not all of them. I felt reduced stress and raised expectations for myself.I recommend this book. I was provided a promotional copy with the hope that I would give an honest review as I have.

What if you could improve your athletic ability, mental acuity, concentration and generally enhance your performance and further your goals on and off the field? What if you could help your children do the same? Dr. Lynn Hellerstein's new book, "50 Tips to Improve Your Sports Performance", can help you do just that. Part of her innovative "See it. Say it. Do it! Series, Dr. Hellerstein stresses that improving your vision skills and your eye-mind-body connection can benefit just about everyone, from children just starting school or sports activities to professional athletes.In three parts--Eye-Mind-Body Coordination, Acheive the Mental Edge through the See It!. Say It! Do it! Process and Eye/Vision Safety--Dr. Hellerstein explains how 20/20 is not perfect vision, then gives one the tools for improving one's vision and performance. Not only does Dr. Hellerstein show how to improve athletic performance, her techniques can improve schoolwork, presentation skills and strategic thinking in a business setting.This short book contains vision exercises and how-to information on visualization and focus exercises. It also contains specific visualization scripts that

allow one to take the visualization concept and technique from theory to practice. I found these scripts to be essential tools for incorporating visualization into my life. Best of all, Dr. Hellerstein includes specific scripts for children ages 5-8 and 9-13 which are invaluable for parents or coaches of youth sports. There are also scripts tailored to teens and adults. The exercises are well-explained, simple and can be accomplished in short sessions. One may concentrate on a few exercises or all depending on individual need. As an example, Dr. Hellerstein includes her own action plan for successfully running a marathon at age 57, complete with lists and target dates that readers may customize for their own goals. I highly recommend "50 Tips to Improve Your Sports Performance" as a safe, legal and effective performance enhancer!

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