



Seven Steps to Peak Performance

Richard M. Suinn

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This manual aims to help athletes enhance their physical performance through mental training. It was developed in response to a request from the coaching staff associated with the American Olympic and National Team athletes. It has been field tested by elite athletes, and its effectiveness was also examined in laboratory studies with undergraduate students. The manual should be appropriate for either competitive or recreational athletes who wish to enhance those psychological skills important for performance. It can be used in conjunction with the consultation of a coach, instructor or sports psychologist, or be implemented into a self-directed program. The mental skills taught here include relaxation, stress management, positive thought control, self-regulation, mental rehearsal, concentration, and energy control. Each step is presented as a series of training exercises, a self-assessment unit, and a training log unit. The manual is constructed so that the reader can easily individualize his or her training schedule.

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