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Performance Psychology

The Inner Winner contains proven performance psychology tactics that you can use to enhance your performance in sport, business and life in general! No matter what level of performance you are currently operating at, these psychological tactics can enhance it further.

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Establish the mindset & habits to enhance your well-being and performance!

Applying the latest psychology research to create impact. Setting a challenge mindset in collaboration with high performers.

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Shuangshuang Lee, Tengfei Wang, Xuezhu Ren, Inner speech in the learning context and the prediction of students ' learning strategy and academic performance, Educational Psychology, 10.1080/01443410.2019.1612035, (1-15), (2019).

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The inner speech of behavioral regulation: Intentions and task performance strengthen when you talk to yourself as a You. Sanda Dolcos. Corresponding Author. Department of Psychology, University of Illinois at Urbana – Champaign, Champaign, USA. Correspondence to: Sanda Dolcos, Department of Psychology 603 E Daniel Street, University of ...

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