



This is Your Brain on Sports: Beating Blocks, Slumps and Performance Anxiety for Good!

Dr. David Grand, Dr. Alan Goldberg

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"THIS IS YOUR BRAIN ON SPORTS is a must read for anyone involved in or simply interested in sports. It tells the real story of what I went through and how countless athletes of all levels are still going through now.....unnecessarily. When no one else could, they helped me to recognize how my throwing problems came directly from sports traumas that were stuck in my brain. And then Grand and Goldberg had the knowhow to release it with the miracle of Brainspotting."

Mackey Sasser

Former catcher for NY Mets

"THIS IS YOUR BRAIN ON SPORTS is a MUST READ for athletes, their parents and coaches, as well as for all psychotherapists and performance experts. In case you didn't know it, THE YIPS has a clearly explainable relationship to past trauma. All one has to do is take a detailed history of the life of an athlete from his/her earliest childhood, relate that to his/her history of physical injuries and throw in a dollop of shame and criticism from parents and coaches and the reason for the yips emerges with crystal clarity. These facts are clearly illustrated in this compelling, fascinating and ground-breaking book by Drs. Grand and Goldberg. Brain-based principles of body-based memory, neurosensitization and cue-related anxiety from the trauma literature clearly prove that the yips come from post-traumatic stress syndrome. And Brainspotting has shown to be dramatically effective in mitigating, and even healing, this vexing syndrome."

Robert Scaer, MD

Author of THE BODY BEARS THE BURDEN and THE TRAUMA SPECTRUM

THIS IS YOUR BRAIN ON SPORTS: Beating Blocks, Slumps and Performance Anxiety for Good! is the ground-breaking book that will change the face of sports performance forever. This book introduces the breakthrough concept of STSD (Sport Traumatic Stress Disorder). Grand and Goldberg have discovered that STSDs are the cause of most significant performance problems. Performance blocks and anxiety, including the yips, stem from accumulated sports traumas including sports injuries, failures and humiliations. The authors also introduce the Brainspotting Sports Performance System (BSPS) which quickly finds, releases and resolves the sports traumas held in your brain and body. An easy read, THIS IS YOUR BRAIN ON SPORTS is filled with engaging, informative, inspiring stories. These case examples illustrate how professional, elite, collegiate and junior athletes have been freed for good from this silent "epidemic" of performance blocks and anxiety including: the yips, "Steve Blass disease," "Mackey Sasser syndrome," protracted slumps, balking, choking and freezing. THIS IS YOUR BRAIN ON SPORTS provides the answers and the cure for athletes, their coaches and parents about "Beating Blocks, Slumps and Performance Anxiety for Good!" Grand and Goldberg also show how their BSPS can take all athletes to levels they could only heretofore dream of! www.thisisyourbrainonsports.com

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