Mental Performance Program – Recommended Book List

Football/Soccer Psychology

Soccer Tough by Dan Abrahams

Soccer Tough demystifies this crucial side of the game and offers practical techniques that will enable soccer players of all abilities to actively develop focus, energy, and confidence. Dan Abrahams shares the powerful techniques that have helped him develop reserve team players to become international players, and guided youth team players from slumps to first team contracts.

The Psychology of Soccer by Joseph Dixon, Jamie Barker, Richard Thelwell, Ian Mitchell

The Psychology of Soccer seeks to present the detailed understanding of the theories underpinning the psychological issues relating to soccer, along with practical insights into effective psychological interventions and strategies.

Soccer Tough II by Dan Abrahams

Dan introduces soccer players to more cutting edge tools and techniques to help them develop the game of their dreams. Soccer Tough 2 is split into four sections - Practice, Prepare, Perform, and Progress and Dan's goal is simple - to help players train better, prepare more thoroughly, perform with greater consistency and progress faster.

Focused for Soccer by Bill Beswick

Emphasizes playing first with the head, then with the heart, developing decision-making skills, and keeping emotional responses in check. Includes practical tips, examples from top Premier League teams, and step-by-step techniques.

The Soccer Psychology Workbook by Danny Uribe

Includes 10 Dynamic Exercises including: decreased levels in motivation, lack of goal-setting capability, suppressing unwanted thoughts, an inability to get "In a Zone", experiencing overwhelming pre-game jitters, overcoming serious and debilitating injuries to name a few.

Other Sport Psychology/Mental Performance Books

The Inner Game of Tennis by Timothy Galleway

Great for any athlete of any sport, it speaks to the importance of appreciating the outer game vs the inner game, how to value the art of a relaxed concentration, discover true self-confidence and place the right kind of effort in order to be successful.

Mind Gym: An Athlete's Guide to Inner Excellence by Gary Mack

Sharing forty accessible lessons and inspirational anecdotes from prominent athletes, this book can be a great read for those who want to dive in deeper into techniques and exercises inspired from real sporting events and situations.

The Mindful Athlete: Secrets to Pure Performance by George Mumford

Mumford shares his own story and strategies that helped Michael Jordan, Kobe Bryant and Lamar Odom become stars. Coach Phil Jackson sought someone who could speak the language of the players and with Mumford's personal difficulties with injuries and drugs, he became successful in teaching mindfulness strategies to adopt in competition and in life, to the then struggling Bulls team.

10 Minute Toughness: The Mental Training Program for Winning

Before the Game Begins by Jason Selk Packaged with short and sharp 10 minute training program ideas, Selk delivers a mental coach approach helping boost brainpower and achieve a competitive edge.

Zen Putting: Mastering the Mental Game on the Greens by Dr Joe Parent

Geared for golfers, but packed with excellent buddhist wisdom and modern psychology, Parent shares outside-the-box thinking approaches that tune you into the process vs the outcome and result.

How Champions Think: In Sport and Life by Dr. Bob Rotella

Rotella shares performance principles through case studies and stories from his many years of consulting athletes at all levels.

In Pursuit of Excellence: Terry Orlick

Orlick shares insights and step-by-step guides to gain a more positive outlook, a more focused commitment, better ways of dealing with distractions, and strategies for overcoming obstacles.

Perform Under Pressure by Cerri Evans

Targeting the moments when you are most stressed and uncomfortable, Dr Ceri Evans' red-blue mind model converts his clinical insights into a simple approach that will help you gain emotional control when you need it most.

Other Performance Enhancement/Performance Excellence Books

The Confidence Gap by Russ Harris

Dr Russ Harris shares insightful ideas about confidence using the ACT (acceptance-commitmenttherapy) approach to share how confidence is a set of actions, that a transformed relationship with fear can help, and how true success is living by your values.

The Happiness Trap by Russ Harris

Russ Harris explains that the way most of us go about trying to find happiness ends up making us miserable, driving the epidemics of stress, anxiety, and depression.

13 Things Mentally Strong People Don't Do by Amy Morin

Psychotherapist Amy Morin shares ways of thinking and habits we should avoid when we encounter adversity, as well as helpful and hurtful habits to be aware of in order to build mental toughness.

The Power of Now: A Guide to Spiritual Enlightenment by Eckhart Tolle

Packing a lot of information and inspirational ideas, Eckhart Tolle breaks down how we interact with others and ourselves, highlighting the importance of self-reflection and presence in the moment. Exploring the concept of ego, and explaining how inner peace and happiness can be found in the present, methods and tips for quieting thoughts and fears are shared.

The Power of Story by Jim Loehr

A book about examining the ways we tell stories about ourselves to ourselves, and the way these stories can transform our lives. Learn how far too many of the stories we tell ourselves are dysfunctional and how to create new, reality-based stories that inspire you to take action, and take you where you want to go.

Sacred Hoops: Spiritual lessons by a hardwood warrior by Phil Jackson

Phil Jackson's memoir reveals how he directed his players to act with a clear mind-not thinking; just doing; to respect the enemy and be aggressive without anger or violence; to live in the moment and stay calmly focused in the midst of chaos; to put the "me" in service of the "we"

The Art of Happiness: A Handbook for Living by Dalai Lama

The Dalai Lama shares how happiness is the purpose of life, through conversations and stories, advice on how to defeat day-to-day anxiety n of our life is, insecurity, anger and discouragement are shared as well as an exploration into many facets of life such as relationships, loss, and the pursuit of wealth are discussed.

Start with Why by Simon Sinek

An interesting leadership inspired book that can help you consider the importance of how you think, act and communicate, and how understanding your why, your purpose is an important framework to drive your motivation and inspire your choices.

The Four Agreements by Don Miguel Ruiz

Don Miguel Ruiz shares sources of self-limiting beliefs that can lead to suffering, leading to an explanation and guide on how to develop a code of conduct that can help you live peacefully in a stressful and challenging world.

The Upside of Stress by Kelly McGonigal

An insightful way to perceive and understand stress, Kelly McGonigal challenges old thoughts, ideas and perceptions about stress by firstly sharing mindsets and then offering practical tips on how to transform yoru stress by engaging, growing and connecting.

Sport Parents

The Total Sports Experience - for Kids -: A Parents Guide to Success in Youth Sports by Aubrey H.Fine

The Total Sports Experience for Kids is a comprehensive guide focusing on fostering a positive, balanced, and enjoyable sports environment. It emphasizes developing life skills, emotional health, and self-esteem over just winning, offering research-based advice for parents to help children maximize their potential.

How to Win at Sports Parenting: Maximizing the Sports Experience for You and Your Child by Jim Sundberg, Janet Sundberg

Jim and Janet Sundberg offer actionable advice for parents to transform youth sports into a positive experience focusing on character development rather than just winning. It emphasizes supporting children emotionally, encouraging fun, maintaining balance, and avoiding living vicariously through their athletic performance.

It's Just a Game!: Youth, Sports and Self Esteem: A Guide for Parents by Darrell J. Burnett

Darrell Burnet has added sportsmanship checklists, and ideas on how to keep youth sports in the proper perspective. While discussing the psychology of youth sports, Dr. Burnett not only points out how sports can strengthen a child's self-esteem, he offers specific practical positive parenting guidelines to help make it happen.

Good Sports: The Concerned Parent's Guide to Competitive Youth Sports by Rick Wolff

Author Rick Wolff has written this book to help parents and coaches avoid the pitfalls surrounding the increasingly competitive environment of youth sports, while helping children enjoy a positive, challenging, and educational sports experience.

Youth, Sports and Self Esteem: A Guide for Parents by Darrell J. Burnett

Drawing from 20 years of working with kids and families and his experience as a youth league coach, Burnett offers parents 12 specific guidelines for promoting their kids' self-esteem through youth sports. A skills section teaches basic skills for basketball, football, soccer, and baseball/softball.

Games Children Play: How Games and Sport Help Children Develop by Kim Brooking-Payne

Games Children Play offers an accessible guide to games with children of age 3 upwards. This is a classic games book, which is a stand by for parents and teachers. The games are all tried and tested, and are used for teacher training. The book explores children's personal development and how this is expressed in movement, play, songs and games.

Understanding Generational and Brain Development in Young Adolescents

The Anxious Generation by Jonathan Haidt

In The Anxious Generation, Haidt explores how the rapid integration of digital technology into children's lives has contributed to the rise of mental health issues in members of Generation Z. Haidt draws on his extensive research and expertise in moral psychology to provide a basis for understanding the various effects of modern technology on youth.

iGen: Why Today's Super-Connected Kids are Growing Up Less Revellious, More Tolerant, Less Happy and Completely Unprepared for Adulthood

With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, iGen is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, iGen spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and loneliness.

Adolescence by Laurence Steinberg

As a well-respected researcher, Laurence Steinberg connects current research with real-world application, helping students see the similarities and differences in adolescent development across different social, economic, and cultural backgrounds.

Through an integrated, personalized digital learning program, students gain the insight they need to study smarter, stay focused, and improve their performance.

Brainstorm by Daniel J. Siegel

Daniel J. Siegel shows parents how to turn one of the most challenging developmental periods in their children's lives into one of the most rewarding. Between the ages of 12 and 24, the brain changes in important and often maddening ways. It's no wonder that many parents approach their child's adolescence with fear and trepidation.

Mindset by Carol S. Dweck

After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities.

Generations: The Real Differences Between Gen Z, Millenials, Gen X, Boomers, and Silents – and What They Mean for America's Future

Dr. Jean Twenge has analyzed millions of data points to glean the attitudes, characteristics, and life circumstances that define each generation, resulting in a fascinating look at how they connect, conflict, and compete with each other.

10 Rules for Raising Kids in a High-Tech World: How Parents Can Stop Smartphones, Social Media, and Gaming from Taking Over Their Child's Lives

Bestselling author Jean Twenge provides the much-needed playbook parents have been asking for. Drawing on her decades as a psychologist studying the impact of technology and mental health and her personal experience as the mother of three teenagers, Twenge offers ten actionable lessons for raising independent and well-rounded children.