



Prime Ski Racing: Triumph of the Racer's Mind

Jim Taylor

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Prime Ski Racing: Triumph of the Racer's Mind Jim Taylor

As America's premier racing ski racing psychologist, Dr. Jim Taylor knows what it takes to ski fast. The lessons Dr. Taylor has learned from working with some of the world's best racers, coaches, and juniors will change the way you ski race. Prime Ski Racing introduces you to the essential mental factors that impact ski racing including motivation, confidence, intensity, focus, and emotions. You will learn simple and practical techniques you can use to be your own best ally on the hill, stay cool when the pressure is on, and ski your fastest consistently. You will learn about the secrets that make the world's best ski racers great and how you can incorporate those into your own racing. Prime Ski Racing will teach you how to take your ski racing to a new level. Ultimately, Prime Ski Racing will show you how to experience the "Triumph of the Racer's Mind!"

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