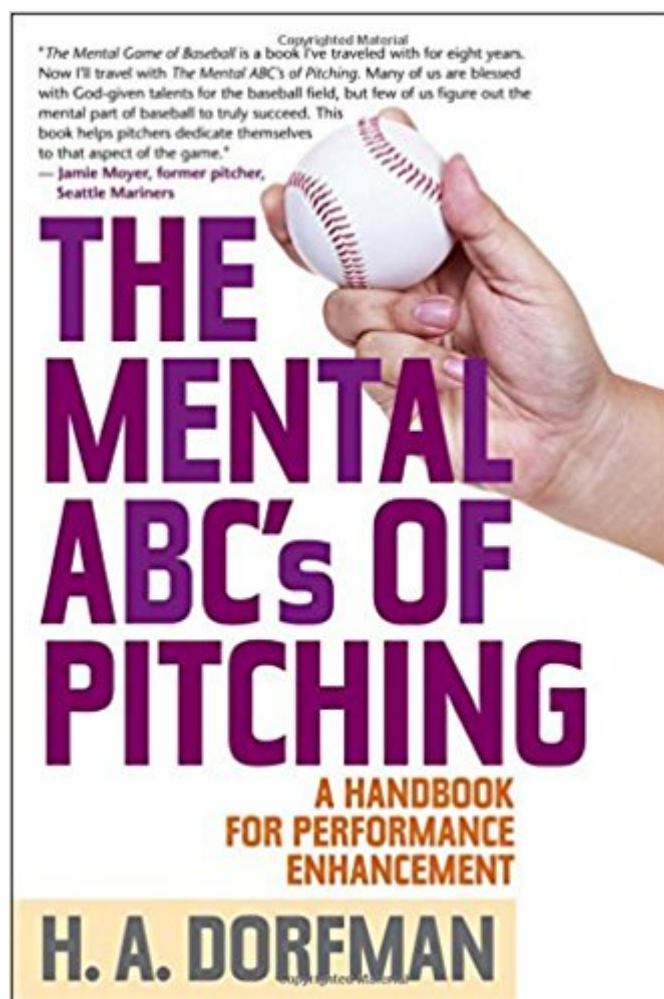


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# The Mental ABCs Of Pitching: A Handbook For Performance Enhancement



## Synopsis

Author H.A. Dorfman brings his years of expertise as instructor/counselor with the A's, Marlins, and Devil Rays to provide an easy-to-use, A-to-Z handbook which will give insight and instruction on how to pitch to peak performance at every level of the game. Perfect for pitchers who need that extra edge or hitters who want to better understand the mental moves on the mound. With a new foreword by Rick Wolff!

## Book Information

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## Customer Reviews

When Harvey left our organization to go work for Florida, we didn't even try to replace him because, quite frankly, his legacy was already throughout our system. All of the players and coaches and staff he touched over the years... had become imbued with his philosophy and approach to the game. They have become Harvey's disciples. -SANDY ANDERSON, former President and General Manager, Oakland Athletics, former Executive Vice President, Office of Major League Baseball, currently General Manager, New York Mets. Harvey Dorfman's insights are exceptional and valuable. This book provides the best approaches for business leaders and those who coach and supervise others. -RUSS BRANDON, President, Buffalo Bills. When you talk to Harv, you get the truth from him, whether you like it or not. He always says, 'I don't care about your feelings. I care about your actions.' -TIM BELCHER, former Major League Pitcher and Pitching Coach. He's truly amazing. It's clear most people don't want to hear the truth about themselves, but Harv gets in your face, uses a few choice words to get your attention, and he's got you. -AL LEITER, former Major League Pitcher, currently Studio Analyst

and Commentator. Harv is absolutely unique. He's for real - a straight shooter. He gives it to you right on the line, whether you like it or not. Not many people can - or will - do that. -WALT WEISS, former Major League All-Star Shortstop, currently manager of the Colorado Rockies.

H.A. Dorfman was a noted sports psychologist as well as a sports psychology counselor with the Scott Boras Agency. Recognized as a leading sports psychologist across the world, Dorfman was also a columnist and freelance journalist with articles appearing in The New York Times, The Boston Globe, and The Miami Herald. He has authored three other books: Coaching the Mental Game, The Mental Game of Baseball, and The Mental Keys to Hitting.

Easy to find the topics you need to read up on, share with your pupils or even take to heart yourself. Love pulling pieces from it every so often for my pitching staff. Easily relatable to softball as well!

This book is awesome. A must have for the young or old pitcher. I am 66 and was struggling with my control and other issues. I am a work in progress but getting better everyday. This book breaks it down from A to Z and gives a bullet point at the end of each chapter on what the pitcher should do. This game and especially pitching is so much mental. This book will give you a better understanding of how to work through so many issues and make you a better pitcher and person. Love it!!!!!!!

This book is packed with knowledge. The format is great also because you can find exactly what you need and each section is short and precise. I love the bullets at the end of each section highlighting what the pitcher should do.

Great baseball book. Awesome since even if you were to remove the references to baseball and pitching this is an excellent reference book on how to perform optimally and navigate and adjust to adversity.

Well written with insights into attitudes and beliefs that can move a person away from self limitations, and towards better performance, less anxiety, and more joy in whatever you attempt. Dorfman was quite a guy. Went through all topics with 2 sons, who both went on to pitch in college. Insights definitely not limited to pitching.

Son Loves this book

I bought this book as a gift for my brother. He found that he was able to be in the moment and not get rattled as much during games. This book helped him take control of his nerves!

The Mental ABC's of Pitching is a great book that should be read by all pitchers. It is full of good advice and tips. Being a pitcher myself, it has really helped me perform and pitch better than before. It covers every letter of the alphabet, each letter having at least one word. Stories about former pitchers are common. Overall it is a great book.

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