



Sports Literature

Mind/body balance key to athletic achievement

In "Sporting Body Sporting Mind," John Syer and Christopher Connolly collaborate their findings on the importance of mental health in



Emerald file photo

Training the mind and soul is a key part of preparing for athletic competition.

physical fitness. This motivational handbook is directed at not only the individual athlete but also the team and coach.

Whether one's sport is downhill ski racing, the book has something to offer. The authors attempt to get the reader attuned to his or her own body, thoughts and feelings. They also stress the significance of other people and athletic equipment on overall performance.

The organization of "Sporting Body Sporting Mind," is evident in the lengthy, detailed table of contents that

emphasizes educating the physical self through four main processes: learning, training, maintenance and change. Syer and Connolly cover the techniques thoroughly and offer step-by-step mental and physical exercises throughout the book.

Review

Anecdotal examples are given in a multitude of sports. The strength in the book lies in the authors' ability to make the points universal to all sports at all levels. Therefore, it offers advice to the serious marathon runner, the beginning biker and the intramural rugby team

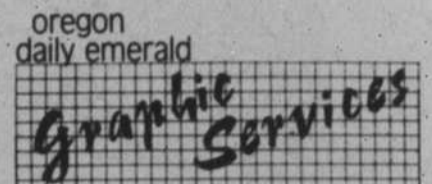
member.

The authors dedicate themselves to the psychological aspects of training and competing. According to "Sporting Body Sporting Mind," cultivating a positive self-image requires more than simply quoting Muhammad Ali's famous line "I am the greatest." It takes mental agility and determination. "A positive self-image is one of the most important and yet vulnerable assets you can possess."

John Syer concludes that competition can do one of two things; first, it can help people discover their potential and secondly, it can push them to reach some society-imposed standard.

Through a mixture of fact and advice, "Sporting Body Sporting Mind" shows the need for a harmonic body-mind relationship and gives the athlete alternative ways to achieve success in his or her desired sport.

By Robin Joannides



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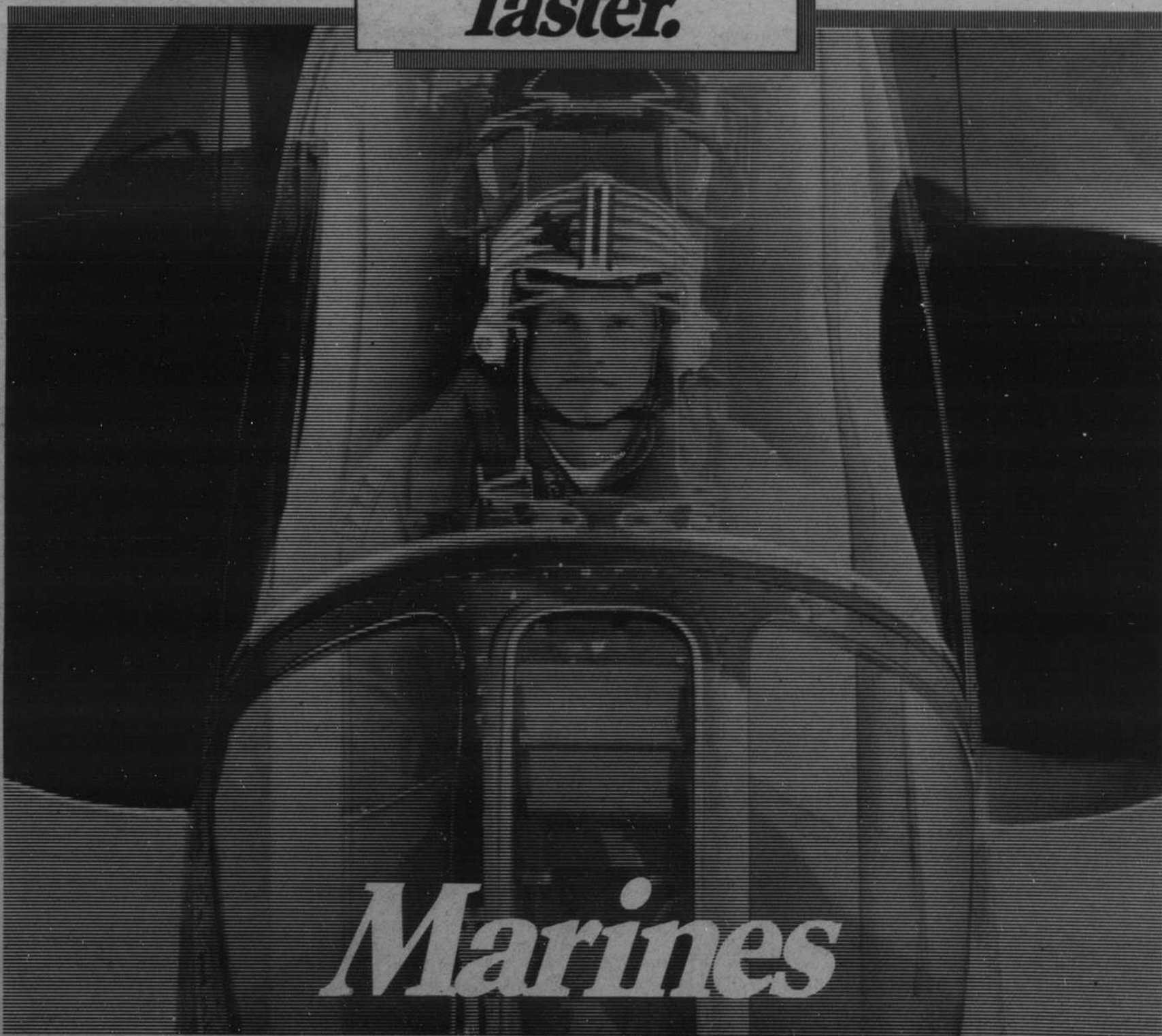
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