

Recommended Reading to Improve Your Mental and Visual Skills

BJ McDaniel

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Clay Target Shooting: The Mental Game by Mark H. Taylor



MIND GYM by Gary Mack and David Casstevens



**The New Toughness Training for Sports:
Mental Emotional Physical Conditioning from 1
World's Premier Sports Psychologists** by James E. Loehr

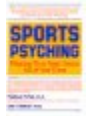


**In Pursuit of Excellence: How to Win in Sport
and Life Through Mental Training** by Terry Orick



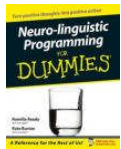
Mental Training for Peak Performance: Top Athletes Reveal the Mind Exercises They Use to Excel

by Steven Ungerleider



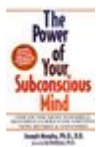
Sports Psyching

by Thomas Tutko



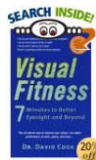
Neuro-Linguistic Programming for Dummies

by Kate Barton and Romilla Ready



The Power of Your Subconscious Mind: One of the Most Powerful Self-Help Guides Ever Written

by Ian McMahan and Joseph Murphy



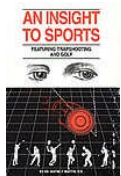
Visual Fitness: 7 Minutes to Better Eyesight and Beyond

by David Cook



Sports Vision: Training for Better Performance

by Thomas A. Wilson & Jeff Falkel



An Insight to Sports: Featuring Trapshooting and Golf

by Dr. Wayne F. Martin



Eyeroberics for Clay-Target Shooters

A proven eye-training program designed for clay-target shooters. Includes videotape, 2 highly informative training books and training aids. Effective and efficient way to train your eyes for the clay-target sports. Many varied, challenging vision exercises help you see targets quicker and more accurately. 40 minutes of intensive training. *VHS only.*