



Mind vs Target: Six steps to winning in the clay target mind field

By Bob Palmer



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The highly acclaimed SportExcel system is a revolutionary way to win, and it is changing the way clay-target shooters approach their game in North America and around the globe. With Bob Palmer's easy-to-read and easy-to-understand, step-by-step system, you learn to see the target as huge, to eliminate distractions and to stay totally focused. "Great shooters don't think – they just shoot in the Zone." No matter if you're a world-class shooter, a weekend enthusiast, a beginner, a coach or a parent, this book is your handbook to using your very powerful Zone to learn how to win.

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Editorial Review

About the Author

Bob Palmer, B.Ed., B.E.S. CEO, High Performance Strategist and Trainer, SportExcel Inc. Bob Palmer founded SportExcel Inc. in 1994, driving 21st century high-performance innovation that is transforming how athletes, coaches and sports organizations achieve their dreams. A respected and inspiring industry leader and expert, Palmer has been instrumental in pioneering a non-psychology approach that is revolutionizing the sports industry. The SportExcel system has been embraced by a wide range of sports including the clay target sports, surfing, snowboarding, skateboarding, triathlon and golf as well as the team sports of football, hockey, baseball and soccer. It has ignited the passion, joy and skillfulness of athletes and coaches. Athletes in a number of sports, including the shooting sports, have achieved podium success in the Olympics, PanAm, Commonwealth and X Games as a result. A professional educator, Palmer holds a degree in Education from Brock University, a degree in Environmental Studies from the University of Waterloo and a Master Practitioner level in neuro-linguistic training. He writes on high performance and leadership for Trap & Field Magazine, Skeet Shooting Review and several on-line magazines and newsletters. SportExcel Inc. is reinventing and rejuvenating the world of sport high performance. For more information, visit www.sportexcel.ca or call 877.967.5747.

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