



Dr. Tracy Harris, C.Ht, CSH

*Certified Hypnotherapist
Certified Sports Hypnotist & Mental Coach
Certified Pain Relief Specialist*

216.408.2629

info@AdvancedAthleticSolutions.com

- ◆ Sports Hypnosis
- ◆ Mental Training
- ◆ Guided imagery
- ◆ Visualization

Most athletes focus solely on their bodies to train. This is a huge mistake! If sports is 90% mental, then they must also train their brains! Using different mental techniques allows athletes to gain more control and improve their performance, confidence, concentration and focus while decreasing negative thoughts, fears and other mental blocks. When athletes use the Power of their Mind, it can lead to dramatic results!



◆ ELITE ATHLETES USE MENTAL TECHNIQUES!

Olympic Athletes
Michael Jordan
Chicago Bulls
Mike Tyson
Tiger Woods
Shaquille O'Neal

FACTS

- ◆ Sports Hypnosis is so powerful that elite athletes such as Tiger Woods have been using it since they were kids.
- ◆ Hypnosis & guided imagery are great tools to help aging athletes to perform at peak levels.
- ◆ Scientists have proven that muscle memory can even be established with mental exercises such as guided imagery.

**BECAUSE SPORTS IS
90% MENTAL**

YOU NEED A SECRET WEAPON

Call now for a free evaluation!

(216) 408-2629

Sports Hypnosis...an athlete's SECRET WEAPON



What is Sports Hypnosis?

Hypnosis is a state of deeply focused attention combined with relaxation and vivid imagery. You may have experienced this when you "zoned out" while driving or while watching movies. Your attention is focused on the screen or road so you tune out noises, distractions or even people. In this same state, athletes are given performance suggestions or may be asked to visualize elements of a game or event. By utilizing Hypnosis, Guided Imagery and Visualization athletes are able to improve muscle memory, gain mental control, release old problems and improve athletic performance. They also learn how to transfer skills and techniques from their head (thoughts) to their body (actions).

Who Can Benefit?

Mental techniques such as Hypnosis, Guided Imagery and Visualization have been used by Olympic athletes since the early 1900's. Their practical application in sports today is almost unlimited. Numerous athletes around the world focus on both the body and mind to reach peak levels. Common sports include:

Basketball	Golf
Football	Swimming
Boxing	Tennis
MMA	Soccer
Wrestling	Running
Hockey	Figure Skating
Speed Skating	Weight Lifting

What Can You Do for Me?

Individual athletes and teams build confidence, heighten awareness of body position and movement, reinforce skills and abilities and improve coordination. Other advantages include getting in the zone faster, staying there longer and increasing the ability to focus. Athletes learn to overcome mental blocks, negativity, fear, anxiety, distractions and concentration on past failures. These methods can also be used with athletes needing to counteract the effects of aging.

For challenges caused by problems beyond the scope of the game, athletes can benefit from pain management and assistance in dealing with personal issues (past and present) that affect athletic performance.

ADVANCED Athletic Solutions



OUR SERVICES

Sports Hypnosis
Mental Training
Chronic Pain & Injury Relief
Hypnotherapy Services
Lifestyle Coaching for Athletes
Anger Management
Relationships & Communication
Stress Management & Relief
Adults with ADD & ADHD

*Helping Athletes to keep
their head in the game*

Sports is 90% mental yet so many athletes only focus in the body! We represent that missing piece of the puzzle allowing athletes to focus on their sport, instead of external issues or stressors. A variety of programs are available to help our clients maneuver through life, remain in control, and deal with the extreme pressures of their sport and their social and personal life.

Because family participation is often necessary, certain programs include assistance and involvement for spouses and other family members.

We even offer 24-hour services and coaching to assure athletes are able to get the help they need when it is needed!

Contact us for a free evaluation and to learn how we can work with teams, individual athletes, coaches and staff. Athletes are not the only ones under extreme pressure!

Contact:

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