

Winning The Mind Game Using Hypnosis In Sport Psychology

In *Golf: The Ultimate Mind Game* Rick Sessinghaus maps out the mental and emotional skills needed to play your best golf. Throughout this book you will be learning the latest performance psychology skills to improve how you perform on and off the golf course. You will take on the challenging game of golf by learning to: .Stay focused and block out distractions .Develop confidence in your abilities .Embrace pressure to play your best when it matters most .Reconnect with why you play so you can enjoy it .Develop a training program for your mind, body, and swing

Winner of the Arthur Shapiro Award for the 2013 Best Book on Hypnosis "The charm and value of Reidís book is that it is very personal... Reidís persona emerges as a warm, generous, and enthusiastic colleague, who is eager to share how he figured this clinical hypnosis stuff out and integrated it into his practice... [The book] serves quite well to introduce the uninitiated, and those who wish to guide them, about using the power of trance and therapeutic communication in practical ways to become more effective in helping those for whom we care. I wish I had read it in medical school." -- Laurence I. Sugarman, M.D., F.A.A.P., A.B.M.H., *Annals of Behavioral Sciences and Medical Education* "This is an excellent introductory book for any professional who deals with behavioralhealth issues and would like to add hypnosis to her arsenal of clinical tools."--*American Journal of Clinical Hypnosis* Clinical hypnosis has been proven through decades of rigorous research and practice to be an effective intervention in a wide range of mental, behavioral, and physical health issues. This highly practical text demystifies clinical hypnosis by providing step-by-step guidance for using its techniques to enhance the repertoire of practitioners in other psychotherapeutic modalities. It offers mental health providers with no formal training in hypnosis the requisite guidance and information they need to learn and confidently apply strategies to help their clients initiate constructive, health-oriented change in their lives. Chapters progress from initial assessment through the development of treatment plans and actual hypnotic techniques with clients. The author shows how to apply hypnosis to such clinical issues as anxiety, stress, somatic disorders, pain, and unwanted habits. In addition, the author shows clinicians how they can broaden their practice beyond mental or physical health parameters of treatment by applying hypnosis in areas of personal growth and wellness (motivation, athletic performance, conflict resolution). The text also covers ethical and professional issues related to clinical hypnosis, which does not require special licensure when it is integrated into a psychotherapeutic practice. Key Features: Offers clinicians who have no or little background in clinical hypnosis clear, accessible information on how to safely and effectively use basic techniques with clients Helps psychotherapists expand their practice by providing effective interventions with behavioral health issues that are also eligible for insurance reimbursement Includes sample guided scripts for specific problems as well as experiential exercises and treatment plans Provides case histories drawn from the author's clinical work and those of the "father" of clinical hypnosis, Milton Erickson Instructs therapists on the use of hypnosis for clinical and personal growth and wellness issues

Destroy the competition on game night with this seriously funny guide packed with handy strategy, tricks, and tips from the experts Games are way more fun to play when you win—especially when you crush your friends and family! In *How to Win Games and Beat People*, *Times* science editor Tom Whipple explores inside tips, strategy, and advice from a ridiculously overqualified array of experts that will help you dominate the competition when playing a wide range of classic games—from Hangman to Risk to Trivial Pursuit and more. A mathematician explains how to approach Connect 4; a racecar driver guides you through the corners in slot car racing; a mime shares trade secrets for performing the best Charades; a Scrabble champion reveals his secret strategies; and a game theorist teaches you to become a real estate magnate, recommending the Monopoly properties to acquire that will bankrupt and embarrass your opponents (sorry, Mom and Dad). Funny, smart, and endlessly useful, this is a must-read for anyone who takes games too seriously, and the bible for sore losers everywhere.

!--StartFragment-- In her most popular bestseller ever, the beloved author and minister Joyce Meyer shows readers how to change their lives by changing their minds. Joyce Meyer teaches how to deal with thousands of thoughts that people think every day and how to focus the mind the way God thinks. And she shares the trials, tragedies, and ultimate victories from her own marriage, family, and ministry that led her to wondrous, life-transforming truth--and reveals her thoughts and feelings every step of the way. Download the free Joyce Meyer author app.

An introduction to the commodities market shows readers how to successfully invest in futures, stocks, stock indices, and options, explaining how the commodities market works, how to identify and track investment opportunities, the fundamentals of money management, how to find the right broker, and more. Original.

Are your thoughts out of control--just like your life? Do you long to break free from the spiral of destructive thinking? Let God's truth become your battle plan to win the war in your mind! We've all tried to think our way out of bad habits and unhealthy thought patterns, only to find ourselves stuck with an out-of-control mind and off-track daily life. Pastor and New York Times bestselling author Craig Groeschel understands deeply this daily battle against self-doubt and negative thinking, and in this powerful new book he reveals the strategies he's discovered to change your mind and your life for the long-term. Drawing upon Scripture and the latest findings of brain science, Groeschel lays out practical strategies that will free you from the grip of harmful, destructive thinking and enable you to live the life of joy and peace that God intends you to live. *Winning the War in Your Mind* will help you: Learn how your brain works and see how to rewire it Identify the lies your enemy wants you to believe Recognize and short-circuit your mental triggers for destructive thinking See how prayer and praise will transform your mind Develop practices that allow God's thoughts to become your thoughts God has something better for your life than your old ways of thinking. It's time to change your mind so God can change your life.

Mandanzi, Africa is paradise on earth. Ben knows that nothing this good comes free. But he's prepared to pay the price.

Using techniques associated with NLP, this text explores negotiation - from high powered business to simple everyday decisions - and offers techniques and tactics in the art of successful negotiation.

There are many guides available that focus on dealing with stress, but virtually all the advice concentrates on responding to the results and symptoms of stress, rather than its causes. No wonder everyone continues to suffer from the devastating consequences of being stressed out. Author Manuel Antonio Lopez, a professional mechanical engineer, seeks to fill this void in knowledge by sharing stress alleviators that he has discovered over a lifetime. In this practical guidebook to understanding the causes of stress-related hair loss and illness, you can discover how to reverse harmful effects. Lopez looks back on his own battles with stress and how he went from being hyperactive and stressed out to relaxed and carefree. As a result of dealing with his stress, he went from being balding and overweight to being trim and sporting a head of thick, lustrous hair. Get a better night's sleep, prevent depression, keep your hair, and, most importantly, boost your chances of living a long and healthy life with *A Guide to Winning Mind Games*.

Mindful thinking is the new competitive edge Science confirms the distinction between the biological brain and the conscious mind. Each day, a game of mind versus matter plays out on a field defined by the problems we must solve. Most are routine, and don't demand a more mindful approach. It's when we're faced with more difficult challenges that our thinking becomes vulnerable to brain patterns that can lead us astray. We leap to solutions that simply don't work. We fixate on old mindsets that keep us stuck in neutral. We overthink problems and make

them worse. We kill the ideas of others, as well as our own. Worse, we keep doing these things, over and over again, naturally and instinctively. But it doesn't have to be that way. In *Winning the Brain Game*, author and creative strategist Matthew E. May explains these and other "fatal flaws" of thinking, catalogued over the course of ten years and hundreds of interactive creative sessions in which he gave more than 100,000 professionals a thought challenge based on a real case far less complex than their everyday problems. Not only did less than 5% arrive at the best and most elegant solution, but the solutions given were remarkably similar, revealing seven observable problem-solving patterns that can block our best thinking. Calling on modern neuroscience and psychology to help explain the seven fatal flaws, May draws insights from some of the world's most innovative thinkers. He then blends in a super-curated, field-tested set of "fixes" proven through hundreds of creative sessions to raise our thinking game to a more mindful level. Regardless of playing field, mindful thinking is the new competitive advantage, and the seven fixes are a magic set of tools for achieving it. *Winning the Brain Game* will lead you to better decision-making, higher levels of creativity, clearer strategies, and overall success in business, work and life. Matthew E. May is a five-time author and recognized thought leader on strategy and innovation. A popular speaker, facilitator, and seminar leader, he confidentially coaches executives, artists, and athletes, and conducts custom thinking sessions for leading organizations all over the world.

Therapists with some existing knowledge of hypnosis can now begin applying their skills in working with athletes. This book contains a wide-range of advanced hypnotic interventions that allow the therapeutic techniques to be adopted and used with athletes.

Introduces Lanny Bassham's Mental Management system for developing consistent mental performance under pressure with techniques for competitors and coaches whether in sports or business.

This is the definitive training manual in the art of Ericksonian Psychotherapy. Accessible and elucidating, it provides a systematic approach to learning the subject.

"The Pro Tour's hottest coach" (*Golf Digest*) distills the lessons of a private strategy session into an indispensable "soft skills" companion. Credited with transforming the short games of world-class golfers like Rory McIlroy, Phil Mickelson, Annika Sorenstam, and Yani Tseng, Dave Stockton is one of the most sought-after coaches in golf. Yet Stockton's natural abilities are more like the average player's than those of most tour superstars. Not particularly long off the tee and average in terms of ballstriking, Stockton has won multiple major championships through a willingness to set his ego aside and analyze his game objectively—precisely what make him so effective as an instructor. The hallmark of Stockton's coaching is the idea that "trying doesn't work." He shows students how to get out of their own way and let their subconscious take over. In *Own Your Game*, Stockton recreates the experience of riding eighteen holes with him at one of his highly sought-after corporate outings. He explains how any player can learn to use his or her mind effectively—both in the microcosm of the shot at hand and in plotting a way through a round. Amateur golfers are tired of trying to imitate the swings of the pros—to mostly disastrous results. Stockton gives players the tools and the freedom to play better with the swing they currently have. Portable, conversational, practical—and complete with a mini-guide to playing business golf with colleagues and clients—*Own Your Game* shows how players at all levels can master the all-important mental game.

This book offers new strategies and scripts for hypnotherapists, sports counsellors and sports psychologists working with athletes to help them achieve their peak performance. A major focus of the book is that the therapist does not necessarily need to be familiar with the sport or activity to serve as a "mental coach" to the athlete. The athlete is instructed that the goal is not to improve the mechanics of their performance (that is left up to their coaches) but, rather, to help them to relax, concentrate and focus so that they fulfill their maximum potential. They learn not to let the mental side of their game trip up the physical side, but rather to enhance it.

The Winning Mind Set, a captivating book written by Jim Brault and Kevin Seaman is geared toward making YOU better at whatever you seek to accomplish. These two previously published authors from New York have teamed up to teach the reader how to gain a significant mental edge and the *Winning Mind Set* necessary in order to achieve at levels they've never experienced before. We all have incredible potential. So, why is it that we don't always live up to our potential? Why is there often a difference between what we can do and what we actually do? In what ways can we maximize our potential in those areas of our lives that are important to us? What are the instrumental keys that create that personal success in all our endeavors? That is what this book is all about. *The Winning Mind Set* is a set of proven tools and techniques to help you UNLEASH the Power of Your Mind, and tap into your incredible potential. It is a compilation of approaches presented in a way that is designed to be both easy to understand and easy to put into action, a toolbox codified into the acronym BEHAVIOR.

This is the only book that we know of, that focuses on the end-to-end IT services and outsourcing life cycle. The target audience is anybody that wants to know about the IT services business. The book is a complete seller's and buyer's guide for today's market. Sellers will learn how to do analysis on the target market, form the right bid team, partner with relevant influencers and create unique go to market strategies for finding qualified IT services and outsourcing deals. Both buyers and sellers will learn how to define appropriate engagement models, create pricing and financial structures, form well defined contracts, negotiate effectively, institute transition best practices and govern the entire program with success. As a testament for its quality, this book is endorsed via back cover blurbs, advanced praise and foreword by top leaders of major IT services organization like NASSCOM, International Association of Outsourcing Professionals (IAOP), Outsourcing Institute (OI); executives of top IT services companies like Perot Systems, CSC and others; and analysts from major advisory firms like Black Book of Outsourcing and Ovum Consulting. Packed with witty anecdotes, insights and lessons for the practitioner from the authors' own and other experts' experience and stellar trade performance, Dutta and Folden's work is a vital read for customers, vendors, advisors and anyone involved in today's complex IT services and outsourcing deals.

An account of the 2004 winning season of the Red Sox debunks popular myths and provides statistics and commentary on players and teams to explain how baseball games are won.

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of "relaxed concentration" that allows you to play at your best • build skills by smart practice, then put it all together in match play Whether you're a beginner or a pro, Gallwey's engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. "Introduced to *The Inner Game of Tennis* as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's

teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program.”—from the Foreword by Pete Carroll
The Art of Human Chess: A Study Guide to Winning is a masterpiece. Its intended purpose is to teach the science of winning, giving the ordinary person on the streets and the person fresh out of college a chance to compete with the ruthless sharks in today's marketplace. This book is for those who choose to win in all walks of life. To buy it is to invest in your future and guarantee yourself an edge on your competitors, making you the ultimate human chess player.

The tennis classic from Olympic gold medalist and ESPN analyst Brad Gilbert, now featuring a new introduction with tips drawn from the strategies of Roger Federer, Novak Djokovic, Serena Williams, Andy Murray, and more, to help you outthink and outplay your toughest opponents A former Olympic medalist and now one of ESPN's most respected analysts, Brad Gilbert shares his timeless tricks and tips, including “some real gems” (Tennis magazine) to help both recreational and professional players improve their game. In the new introduction to this third edition, Gilbert uses his inside access to analyze current stars such as Serena Williams and Rafael Nadal, showing readers how to beat better players without playing better tennis. Written with clarity and wit, this classic combat manual for the tennis court has become the bible of tennis instruction books for countless players worldwide.

Attention Athletes and Coaches: Do you... · Have trouble staying focused during competition? · “Choke” during critical competitive events? · Lack the confidence to envision success? · “Freeze” after a sport injury? · Want to help your team find more success? The Winning Edge will help you identify your mental game strengths and weaknesses. It will enable you to develop your God given abilities through sport psychology principles and strategies. This book will teach you to control your emotions and channel them toward positive outcomes in sport and life. The Winning Edge will help you to: · Discover the power of positive self-talk and positive imagery · Learn to strengthen and condition your mental game · Learn to deal with fear and use it to your advantage · Learn to be mentally resilient in the face of adversity · Discover your unique personality and how it affects your sport performance Lenny Giammatteo, Ed.D., is an inspirational educator who holds a doctor of education degree with extensive graduate training and postgraduate studies in sport psychology, sport management, leadership, human development, and counseling. Dr. Giammatteo has served as a teacher, coach, counselor, administrator, and university professor. He is a successful sport psychology instructor and mental game coach who works with youth, high school, university, and professional athletes. His expertise has helped a variety of men and women's collegiate sport teams to win national championships, and many other athletes to find success in their sport. He and his wife, Mary Lou, reside in Lakeland, Florida with their son. To contact Dr. Giammatteo visit www.ChampionThinking.com

Offers strategies for defending against Asian business tactics

Skiing and snowboarding is the perfect insider guide to finding fun on the slopes. Cathy Struthers, a self-confessed snow and extreme sports addict, provides 52 tips and techniques to help you get the most out of your time on the slopes and off, with beginner's tips on how to improve technique to advice on choosing the right equipment, overcoming nerves, managing injuries and just as importantly how to have as much fun off the slopes as you have on them. With Cathy's inspiring advice you'll have every angle covered before you've even set foot on the slopes.

WINNER OF THE TELEGRAPH SPORTS BOOK AWARDS 2020 – GENERAL OUTSTANDING SPORTS WRITING 'A fascinating book about the psychology of elite sport... Mind Games explores compelling territory.' Don McRae, the Guardian 'An amazing book that I very much enjoyed.' Simon Mundie, Don't Tell Me the Score (BBC Podcast) 'a fascinating book' Daily Mail It's well known that to reach the top in elite sport, you need to have spent years honing and perfecting your physical ability. However this is only part of the template required to win – the other half is about mind games. Throughout her career as one of the world's top athletes, Annie Vernon struggled with existential questions about the purpose of sport in our comfortable, first-world society: Why do we do it? What is it in our psyche that makes us push ourselves to the limit? What allows us to mentally overcome the physical pain? Now retired from competition, Olympic silver medallist and world champion rower Annie Vernon has decided to look for answers to these questions. Drawing on her personal experiences and interviews with some of the best coaches, athletes and psychologists from across the world of sport – including Lucy Gossage, Katherine Grainger, Matthew Pinsent, Brian Moore, Brian Ching and Dr Steve Peters – Annie discovers the secrets of how athletes train their brains in order to become world beaters. Annie debunks the myth that elite performers are universally cool, calm and brimming with self-assurance. Through exploring the bits on the inside that nobody can see, Annie instead creates a new understanding of what it takes to be successful in sport and uncovers that, in fact, an elite athlete is not that different from you and me. It's simply a question of mind games.

This is the inspirational story of the awakening, healing, empowerment, and adventures of two explorers in consciousness on their journey from chaos to clarity. This book will tell you how to change your life by unlocking the power of your subconscious mind with ancient wisdom and modern methods (Shamanism and PSYCH-K(R) Rapid Mindset Change). Readers will be inspired and moved by true-life stories and information as well as guided to experience practical interactive exercises (called Personal Empowerment Processes).

Today's greatest health challenges, the so-called diseases of civilization—depression, trauma, obesity, cancer—are now known in large part to reflect our inability to tame stress reflexes gone wild and to empower instead the peaceful, healing and sociable part of our nature that adapts us to civilized life. The same can be said of the economic challenges posed by the stress-reactive cycles of boom and bust, driven by addictive greed and compulsive panic. As current research opens up new horizons of stress-cessation, empathic intelligence, peak performance, and shared happiness, it has also encountered Asian methods of self-healing and interdependence more effective and teachable than any known in the West. Sustainable Happiness is the first book to make Asia's most rigorous and complete system of contemplative living, hidden for centuries in Tibet, accessible to help us all on our shared journey towards sustainable well-being, altruism, inspiration and happiness.

Short Book Summary: Mind Game Diet is not your ordinary diet book to lose weight. It is a different style of looking at dieting. It is like no other. Mind Game Diet is a game to be played with your dieting. It can be a contest that friends and relatives or co-workers can play. It is a diet to be talked about, get excited and have fun. It reaches into the core of your dieting which is the mind or mental attitude. Seven diets that you can switch from one to another providing you with techniques such as self discipline, direction, and controlled thinking. Mind Game Diet develops an inner strength which stirs up a competitive winning attitude which is found in winning a game.

The dichotomy of this book juxtaposes success and failure while solidifying the truth that walking with God is not conflict free because the essential nature of man is a unity of two (dichotomy) distinct realities, one physical (body) and spiritual (soul, spirit, mind). When the question is asked, What is the mind? The authors present a logical case for linking the paradigms of the mind from theology (truth) to philosophy (the search for truth) to provide a deeper understanding of two opposing forces that cause the battle between the desires of the flesh and the will of the spirit

Be wary of the people no one wants on their team, the ones who are too small, too slow and not very capable. The unwanted have a built-in motivation to do whatever it takes to succeed that those who were picked first do not have. This is the story of such a person and what he did to find his place at the top of the world in his sport.

6 SUCCESS SECRETS Second Edition includes Dhoni's Secret to Facing Setbacks National Bestseller Over 70,000 Copies Sold Do you tend to buckle under pressure? Do you find yourself losing your cool in stressful situations? Do you find yourself unlucky in spite of working hard? Think and Win like Dhoni is not just a usual book about cricket, but a book that will help you to beat the odds. Get ahead of your

competitors using tips and tricks from former Indian captain Mahendra Singh Dhoni's life, shared by the man himself! Everyone says MS Dhoni is lucky. But have you ever wondered why he is so lucky? How does he manage to cash in on opportunities? How does he remain calm in the face of immense pressure? What is his secret to facing setbacks? What makes him a great leader and a youth icon? Discover the mind power of the boy who travelled the road to exclusivity, from being a regular Ranchi lad to a world-famous cricketer. Learn how to build confidence, dismiss fear, and perform top-class so that you enjoy immense success in work and life. SFURTI SAHARE is a bestselling author and an international motivational speaker. She has shared the stage with top celebrities in India, and her posts and blogs enjoy a large and loyal fan base on LinkedIn and Instagram. She regularly conducts workshops in various parts of India on Being World-Class in Your Profession.

Seize the advantage in every trade using your greatest asset—"psychological capital"! When it comes to investing, we're usually taught to "conquer" our emotions. Denise Shull sees it in reverse: We need to use our emotions. Combining her expertise in neuroscience with her extensive trading experience, Shull seeks to help you improve your decision making by navigating the shifting relationships among reason, analysis, emotion, and intuition. This is your "psychological capital"—and it's the key to making decisions calmly and rationally during the heat of trading. Market Mind Games explains the basics of neuroscience in language you understand, which is the first tool you need to manage the emotional ups and downs of the trading. It then provides you with a rock-solid trading system designed to take full advantage of your emotional assets.

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A proven framework to fill the gap between "knowing" and "doing" Training Reinforcement offers expert guidance for more effective training outcomes. Last year, US companies spent over \$165 Billion on training; while many training programs themselves provide valuable skills and concepts, even the best-designed programs are ineffective because the learned behaviors are not reinforced. Without reinforcement, learned information gets shuffled to the back of the mind in the "nice to know" file, never again to see the light of day. This book bridges the canyon between learning and doing by providing solid reinforcement strategies. Written by a former Olympic athlete and corporate training guru, this methodology works with human behavior rather than against it; you'll learn where traditional training methods fail, and how to fill those gaps with proven techniques that help training "stick." There's a difference between "telling" and "teaching," and that difference is reinforcement. Learned skills and behaviors cannot be truly effective until they are engrained, and they can only become engrained through use, encouragement, and measureable progress. This book provides a robust reinforcement framework that adds long-term value to any training program. Close the 5 Reinforcement Gaps and master the 3 Phases for results Create friction and direction while providing the perfect Push-Pull Follow the Reinforcement Flow to maintain consistency and effectiveness Create measureable behavior change by placing the participant central to the process Reinforcing training means more than simple repetition and reminders, and effective reinforcement requires a careful balance of independence and oversight. Training Reinforcement provides a ready-made blueprint with proven results, giving trainers and managers an invaluable resource for leading behavioral change.

Every baseball team wants to win championships, but only a few do so. "Those who are not champions still strive to have a winning season. However, some teams finish the season with a losing record." There are 162 games in the major league schedule. No team in history has won them all. There are 162 devotionals in The Winning Season. They deliver biblical truth, illustrated with stories from baseball history, to help the reader see that every day of the season of life can be victorious when guided by faith in Jesus Christ and him alone.

A teen programmer at a school for geniuses must join forces with a boy she can't remember to stop a hacker from deleting their memories in Shana Silver's action-packed YA debut, Mind Games. Arden sells memories. Whether it's becoming homecoming queen or studying for that all important test, Arden can hack into a classmate's memories and upload the experience for you just as if you'd lived it yourself. Business is great, right up until the day Arden whites out, losing fifteen minutes of her life and all her memories of the boy across the school yard. The boy her friends assure her she's had a crush on for years. Arden realizes that her own memories have been hacked, but they haven't just been stolen and shared... they've been removed. And she's not the only one: her mysterious crush, Sebastian, has lost ALL of his memories. But how can they find someone who has the power to make them forget everything they've learned? Praise from the Swoon Reads community: "An absolute roller coaster ride.... I loved it. I absolutely loved it!" —Pamela Delupio "An awesome concept and a gripping mystery... a wild ride from beginning to end." —T. K. Yeager

Hypnosis is an invaluable tool that can quickly and effectively influence the subconscious mind and promote lasting change. This is an excellent resource for anyone currently working with athletes who wish to use hypnosis to improve performance, as well as everyone currently using hypnotherapy techniques wishing to expand into sport psychology. This is not a diet book. This 40-page eBook explains the most important truth about fighting fat: it begins at the top – literally. Without a proper mindset, no amount of dieting or counting calories will workout. Digesting Fat Losing is the first step to understanding how to change your habits and thinking for once and for all. It contains practical discussions that engage the reader in re-thinking the obstacles that stand in the way of becoming a healthier person. Gino Arcaro, a self-proclaimed "dysfunctional 12-year-old, trying to overcome my obesity," is an expert on the subject. He's written Fat Losing to share what he has learned and practiced for over 40 years.

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