

### *Recommended reading on shooting*

ABA member Allan "Smiley" Hope has recommended the recently-published *Mental training in Shooting* by AG Jeppesen and AM Pensgaard.

This book is subtitled "For everyone with an aim! But mainly pistol, rifle, clay pigeon shooters and biathletes".

Norwegians Jeppesen (coach) and Pensgaard (psychologist) have written a book which focuses on various aspects of mental training. They wrote the book because "how much more entertaining and rewarding shooting is when shooters can free themselves of performance anxiety" and also to inspire further development.

*Mental Training in Shooting* examines the need for mental training, discussion of what mental training is, and what makes for a successful shooter. It also looks at basic techniques such as relaxation, positive inner conversations and goal setting.

Chapters include other methods of influencing and training mental skills, consciousness about stress and training programs.

Suitable for all levels of shooter, this book would be of particular interest to the biathlete with a regular training program and those interested in the mental side of sport generally.

Available from specialty firearms shops/online 144 pages, for around \$70.00.

May 2011