Olympian Unveils Secret Mental Training Weapon For Athletes

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PowerWords Developed by Olympian, Dr. Andrea Wieland

Denver, CO (RPRN) 05/20/13 — Designed and created by Olympian, Dr. Andrea Wieland, Ph.D. (a.k.a, Dr. A), E1Fit® introduces the secret athlete mental training weapon used by Dr. A to gain instant and immediate mental focus, the PowerWords Mental Training Tool. PowerWords are the exact tool used by Andrea to mentally prepare herself as a goal keeper and member of the U.S. National Women's Field Hockey team for the 1996 Summer Olympic Games.

During her Olympic career and for close to 20 years, Dr. A has extensively used PowerWords as a self guided mental training tool to achieve peak performance. Dr. A has been using this unique mental training for all her elite clients in any competition and continues to this day to use PowerWords as a life-long competitive athlete.

As a sports psychologist and performance coach, Dr. A knows what it takes to be better prepared, mentally and physically to beat the competition. And, she is excited to share this tool with athletes everywhere who are experiencing challenges in fine tuning their mental game.

"Instant and immediate mental focus is what you can expect from the consistent use of the PowerWords Mental Training Tool," remarks Dr. A, "This truly was a secret weapon. I am sharing it now so elite athletes can experience the same transformation I experience and the same positive results from the consistent use of the PowerWords Training system. I developed this athlete mental training tool and now it totally integrates with my fitness and nutritional training routine. It works in an easy-to-follow, step-by-step process I have perfected over the past 20 years."

The PowerWords Mental Training Tool Starter Kit lifts the mental training for athletes to new levels of preparedness. The Tool is a perfect training tool for young athletes in soccer, field hockey, lacrosse and tennis but is not limited to these sports.

The Starter Kit (Series A) features:

A set of 5 hand created and selected PowerWords used by Dr. A during her Olympic training

PowerWord with Power Image on front of card

Affirmation Statement, Imagery Cue and PowerWord on back of card

Step-by-Step PowerWords Instruction Booklet

How to develop a pre-performance Routine

Dr. A's Simple 6-Step method to creating an imagery routine

“Quick Steps" Instruction Card

Bonus card to share with a teammate, friend, or family member

"I developed PowerWords as an Olympian for the Olympian in you," remarks Dr. A. "If you use the PowerWords consistently in the prescribed manner, you can expect great results like kick-butt and in-control performance, mental toughness, warrior-like confidence, razon sharp focus, meaningful and amazing wins, and a quick recovery from setbacks. Train with your set every practice and every game and watch the amazing transformation."

PowerWords are available at http://e1fit.com/PowerWords. PowerWords are a product of E1Fit®, the whole person, online physical, nutritional and mental training plans company, E1Fit.com.

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