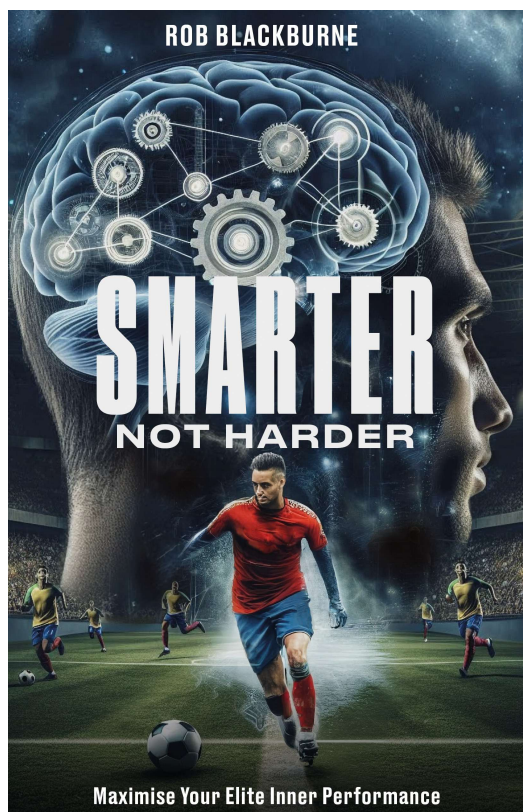




## Title information



### Smarter, Not Harder

Maximise Your Elite Inner Performance

By Rob Blackburne

#### Key features

- **Real football stories** – lessons from Premier League players, World Cup winners and pros fighting for contracts
- **No fluff, no jargon** – straight-talking, easy-to-read guidance you can actually use
- **On and off the pitch impact** – tools to improve your performances in games and in life
- **Confidence that lasts** – build courage first and watch confidence follow
- **Freedom from pressure** – learn how to let go of mistakes and play without fear
- **Action over theory** – every chapter includes tasks to help you apply what you've learned straight away
- **For pros and ambitious amateurs** – powerful for anyone chasing elite performance
- **Publicity campaign planned** – including radio, newspapers, websites, podcasts and magazines

#### Description

*Smarter, Not Harder: Maximise Your Elite Inner Performance* is the straight-talking manual for footballers who want to unlock freedom and consistency on and off the pitch. No fluff, no jargon: just real football stories and proven tools.

Inside you will learn how to let go of mistakes quickly, build lasting confidence, create simple routines and handle pressure with courage. This book is built from lived experiences, not theory, and shows you how to break free from the shackles of self-doubt and expectation. It is written for professional footballers, but it's also powerfully transformative for anyone chasing elite performance. Study this innovative book to unleash your full potential.

#### Details

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