



Ninety Percent Mental: An All-Star Player Turned Mental Skills Coach Reveals the Hidden Game of Baseball

Bob Tewksbury

[Download now](#)

[Read Online ➔](#)

Ninety Percent Mental: An All-Star Player Turned Mental Skills Coach Reveals the Hidden Game of Baseball

Bob Tewksbury

Ninety Percent Mental: An All-Star Player Turned Mental Skills Coach Reveals the Hidden Game of Baseball Bob Tewksbury

Former Major League pitcher and mental skills coach for two of baseball's legendary franchises (the Boston Red Sox and San Francisco Giants) Bob Tewksbury takes fans inside the psychology of baseball.

In *Ninety Percent Mental*, Bob Tewksbury shows readers a side of the game only he can provide, given his singular background as both a longtime MLB pitcher and a mental skills coach for two of the sport's most fabled franchises, the Boston Red Sox and San Francisco Giants. Fans watching the game on television or even at the stadium don't have access to the mind games a pitcher must play in order to get through an at-bat, an inning, a game. Tewksbury explores the fascinating psychology behind baseball, such as how players use techniques of imagery, self-awareness, and strategic thinking to maximize performance, and how a pitcher's strategy changes throughout a game. He also offers an in-depth look into some of baseball's most monumental moments and intimate anecdotes from a "who's who" of the game, including legendary players who Tewksbury played with and against (such as Mark McGwire, Craig Biggio, and Greg Maddux), game-changing managers and executives (Joe Torre, Bruce Bochy, Brian Sabean), and current star players (Jon Lester, Anthony Rizzo, Andrew Miller, Rich Hill).

With Tewksbury's esoteric knowledge as a thinking-fan's player and his expertise as a "baseball whisperer", this entertaining book is perfect for any fan who wants to see the game in a way he or she has never seen it before. *Ninety Percent Mental* will deliver an unprecedented look at the mound games and mind games of Major League Baseball.

Ninety Percent Mental: An All-Star Player Turned Mental Skills Coach Reveals the Hidden Game of Baseball Details

Date : Published March 20th 2018 by Da Capo Press

ISBN :

Author : Bob Tewksbury

Format : Kindle Edition

Genre : Sports, Baseball, Sports and Games, Nonfiction, Biography Memoir



[Download Ninety Percent Mental: An All-Star Player Turned Mental ...pdf](#)



[Read Online Ninety Percent Mental: An All-Star Player Turned Ment ...pdf](#)

Download and Read Free Online Ninety Percent Mental: An All-Star Player Turned Mental Skills

Coach Reveals the Hidden Game of Baseball Bob Tewksbury

From Reader Review Ninety Percent Mental: An All-Star Player Turned Mental Skills Coach Reveals the Hidden Game of Baseball for online ebook

William Dury says

As a mentally challenged (who isn't?) amateur golfer I was impressed with Tewksbury's mental skills therapy. Players buy into his ideas because of his credibility as a former big leaguer. Bob was seriously tough minded. Thirteen years in the bigs, 110-102 with a 3.92 ERA and the All Star team, all while wielding a 84 MPH fastball. HE WAS SENT DOWN SEVEN TIMES. No, he didn't give up easy. Great stories, impressive guy.

Jim Blessing says

This was an interesting read on the mental aspects of baseball.

Jack Alexander says

If you want a good picture of how hard baseball really is read this book. It is immensely difficult and there is tons of pressure on a daily basis. I love the stories of tewks Jon Lester and Anthony rizzo who I did not know was originally drafted by the Red Sox. This is a good primer for improving your mental skills and playing to the best of your abilities.

Danny Knobler says

I was excited about this book from the moment my friend Scott Miller was working on it with Bob Tewksbury, and it didn't disappoint.

Scott and Bob do a great job of mixing the history of coaching mental skills in baseball with Bob's own career and with stories of players he has helped along the way. You can tell how influential Bob has been by the in-depth memories those players shared with Scott of their experiences working with Bob. Great stuff from Jon Lester, Anthony Rizzo and others.

Training the brain is still one of the new frontiers in the game. I'm also reading Zach Schonbron's brilliant book, The Performance Cortex, which deals with the scientific part of it. Tewksbury deals with the psychological part. Both are beginning to be better understood, and both will be even bigger parts of baseball and all sports in the future.

The nice thing about what Bob does and shares is that much of it is applicable to whatever you do, sports or non-sports. So in addition to enjoying the baseball stories, you can (rightly) tell yourself you're working on self-improvement, too!

Jack Oughton says

Some good insights into sports psychology, and he tells some compelling stories about his professional career too. But unless you're really into baseball, you may find he loses you at times.

Lance says

One of the more popular quotes about baseball attributed to Yogi Berra was “Baseball is ninety percent mental. The other half is physical.” Today, many teams are paying attention to the first part of that statement as 22 of the 30 major league teams have a mental skills coach. Former All-Star pitcher Bob Tewksbury is one of those mental skills coaches, having held the position for the Boston Red Sox and San Francisco Giants. This memoir, co-written with Scott Miller and narrated by Tewksbury, tells about not only his journey from pitcher to mental skills coach, but also some of the secrets he shares to players who come to him for help.

While he obtained the necessary education for holding a position in which he aids other people develop the proper mental attitudes and self-awareness needed to succeed, Tewksbury also shares stories from his own major league career. He was an all-star pitcher in 1993 and his description of his performance and his mental state during that performance was one of the best baseball stories shared in the book. He pitched for several teams, including the Cardinals, Yankees, Padres and Twins. He shares anecdotes about his time with each team, but not in strict chronological order. Instead, the baseball stories are those that are pertinent to the subject discussed in the chapter.

These subjects all cover various aspects that cover the mental game that players, especially pitchers, will encounter in every game, every road trip, and every season. Tewksbury even breaks down what goes through a pitcher’s head – his own experiences and those of pitchers he has coached such as Jon Lester, Andrew Miller and Rich Hill. He delves into what may cause negative thoughts to creep into a player’s mind such as fear. He uses the acronym “False Evidence As Reality” to describe when that player is fearing failure. Overcoming negative self-talk, using anchor statements to motivate one’s self and concentrating on one pitch at a time are all skills he uses. While these sound simple and basic, these have been overlooked so long that the game is finally catching up to Yogi’s observation.

This book is one that general baseball fans will enjoy, especially with the easy-to-understand language and the down-to-earth narration Tewksbury employs. It isn’t too technical for casual fans, nor is it too simple for more dedicated baseball lovers. If the reader is interested in the mental aspect of the game this book is for them.

<http://sportsbookguy.blogspot.com/201...>

mark says

This is an excellent and quick read. Mr. Tewksbury talks about his struggles with staying positive during his baseball playing days, what he did about it, and how that propelled him to getting a degree in sports

psychology from Boston University and going on to be a Mental Skills coach for the Boston Red Sox. Many of the players with whom he has since worked include their personal stories of success. We learn that being positive isn't just a decision, it's a practice. Mr Tewksbury shares that process by both detailed "how to" instructions and examples of how it has benefited various major league players. If you enjoy baseball, or just want some insight on how to have a more positive outlook with your own life, you will like this book.

Tom Kopff says

An endorsement of positive mental attitude mixed in with some nice anecdotes from Tewksbury's career in professional baseball. Good but not great. Don't buy it; get it from the library.

Eli says

Good concepts for any competitive situation, athletic or business. I will watch baseball with more focus on the mental side of pitching.
