

© 2023 Samuel Samiris

Editing by: Sami Duymaz

Cover design by: Sami Duymaz

Typesetting & layout by: Michaela Franz

Edited by: Sami Duymaz

Printing and distribution on behalf of the author:

tredition GmbH, Heinz-Beusen-Stieg 5, 22926

Ahrensburg, Germany

**The work, including its parts, is protected
by copyright. The author is responsible for the
content. Any use is prohibited without his consent.
Publication and distribution are carried out on behalf
of the author, who can be reached at: Sami
Duymaz, Hauptstr.27, 95182 Tauperlitz, Germany.**

Book description

The path to sporting excellence.

Mental strength in training and competition.

**This book is a comprehensive guide for
Athletes and coaches who strive for top performance**

**The focus is on the often neglected but crucial component
of**

**Sports – mental strength. Using concise
Analyses, practical tips and personal experiences, this book
offers a deep insight into
the world of mental training.**

**Readers will be guided through various aspects of the
mental strength, starting with the importance of self-
reflection and understanding the
own thought patterns.**

**Effective techniques are used to increase
Motivation, concentration and enjoyment of playing
are addressed, which are crucial for sustainable performance.**

Special attention is given to the concept of “mental weight”, which illustrates how thoughts and emotions influence athletic performance.

The author emphasizes the need to consciously prepare for each training session and competition and warns against the fallacy that one-time efforts are sufficient to achieve continuous excellent performance.

Another focus is on the importance self-control in order not to lose composure in emotionally challenging situations.

The topics of vanity, exaggerated ego and their Effects on insight are as well as dealing with frustration and anger.

With a diplomatic look at coach-player relationships, approaches to communication and behavior modification to achieve a To create a supportive and conducive environment

Overall, this book is not only a guide to peak athletic performance, but also an inspirational resource that shows the way to mental strength - an indispensable element on the path to athletic excellence.

The author

Sami Duymaz, the author of this book, is an outstanding personality in the field of sports with an impressive experience of more than 30 years. His activities as a coach and athlete have led to numerous successes.

He speaks about World Champion and European Championship titles. Through his in-depth research into the human psyche and emotions, he is active abroad as a national coach in the mental area

Asked.

Duymaz is valued for his ability to understand and promote not only the physical but also the mental side of the sport. His training methods and coaching approaches are known to develop and optimize the mental strength of athletes.

As an author, Sami Duymaz has published a number of books focusing on psychology and emotional intelligence in sport.

His works not only offer profound insights, but also present practical solutions for athletes and coaches looking for top performance.

Due to his extensive experience and his in-depth knowledge of the human psyche Sami Duymaz is a sought-after expert and national coach who is training the next generation of athletes on the path to sporting excellence.

Sami Duymaz, also known under the pseudonym Samuel Samiris, has had a significant influence in the field of sports psychology and personality development. His books, especially

“The Powerhouse Mental Strength 1” and “The Powerhouse Mental Strength 2” have received worldwide recognition and reflect his profound success. These works were translated into English translated and meet a global need for insights into mental strength and psychological Strategies in sports.

In addition to his renowned series on mental strength, Sami Duymaz has written under his pseudonym

Written a diverse range of books covering various aspects of language, communication, health, relationships, social issues, philosophy and religion.

Some of his notable works are: “Obedience, Faith and Awakening”

“A journey through the depths of human Psyche and the call for liberation”

“Caught in the flood of images: The power of the media and the illusion of freedom of expression”

“Reflections of Life”

“The Shine of Values: 7 Short Stories About True Enrichment”

“The warning from afar: The sell-out of Germany”

“Who and what we really are! The Matrix and its plans”

“The hidden power in all of us: the friend within us and the danger”

“Life support for juvenile offenders: self-reflection and suggestion”

“The liberation from my dark world of thoughts: Dark thoughts”

“Life Support for Young People Offenders: Self-reflection and personality development”

“The Powerhouse of Mental Strength: The Psyche in Game”

“The Powerhouse Mental Strength 2: The Psyche in Game”

This extensive collection shows Sami Duymaz's multidimensional approach to understanding the human psyche and offers valuable insights into various areas of life, society and personal development.

His works continue to resonate around the world and have a lasting influence on people striving for self-improvement and mental resilience.

The Powerhouse Mental Strength 3

Insight into the player's psyche

Book description

On the way to top performance in professional sport in the highly competitive world of professional sport, physical strength and technical skills are often no longer the only decisive factors for success.

The key to top performance increasingly lies in the mental strength of the athletes.

“The Powerhouse of Mental Strength 3” is a book that focuses on this crucial, often underestimated dimension of elite sport.

This journey through the psychology of the professional athlete begins with the realization that true competition takes place not only on the field or the track, but also in one's own mind.

This is where the “monkey in the head” comes into play – a tireless collector of information, images and emotions that shapes the mental landscape.

**Through careful analysis of unique psychological challenges in professional sport,
In this book, we show ways in which athletes can not
not only the physical but also the mental barriers
can be overcome. From the positive
Self-programming to the development of
Resilience and self-acceptance. The book offers
a comprehensive approach to mental strengthening.**

About the author Sami Duymaz

The author has been involved in sports since he was 16 years old not only as an athlete and trainer, but also also worked voluntarily in the mental area. With With his expertise, he has helped teams to advance and supported world and European champions.

His extensive knowledge in the mental area is reflected in his bestsellers, which are not not only in German, but also in English. Soon his first book “The Power plant mental strength” is also available in Turkish- ly, as he was explicitly selected by the national team was asked to do so.

Sami Duymaz was also asked to To support the team mentally. Due to the However, due to an earthquake, this is currently not possible.

With 28 published books and his Commitment to Lebenshilfe, where he provides psychological and spiritual education, has Author his passion for sport and the made mental strength his calling.

His books are not only in demand, but also serve as a groundbreaking source for people who want to overcome their own mental limitations.

The author Sami Duymaz

Foreword

**I have written several books on this subject.
including those dealing with the
human and early childhood psyche
Everything is connected,
therefore the players vary in their personalities
and their psyche.**

**By this I mean that different characters
are shaped differently by their upbringing and environment.
No one is identical,
Therefore, it is important to approach each professional player individually
enter into.**

**World champions like Earl Strickland from the USA
differ significantly in their personality from
German players like Joshua Filler, Ralf Eckert
or Oliver Ortmann. Nevertheless, they all share the
the same basic psychological structure,
However, they have different motivations and character traits.**

Often the image we convey to others as athletes does not correspond to reality, because what we pretend to be is what we would like to be.

Why am I writing this?

If a coach wants to help a top athlete, he must have such knowledge of sports psychology. If he lacks this knowledge, he is dealing with a professional player who has not yet grown into the role he is playing. As a coach and sports psychologist, the many components of the psyche must be understood. Only in this way is it possible to look behind the facade of the person and to

Recognize who he really is. What he is hiding and what he is only pretending to be. It is crucial to see the person in his true state, because that represents his current status quo.

However, it should be said that this behavior is completely normal, as we all strive to show our best side and be successful.

However, our ego can be over-inflated and often refuses to acknowledge failure.

Vanity and the associated status

have a problem with gradations and, like the ego, often look for excuses and someone to blame.

An ambitious athlete with a lot of ambition can often have difficulty accepting this because of his efforts and suffering and may therefore oppose it.

At that moment, arrogance is often born together with rejection.

It's like talking to someone who really wants to be a racing driver, who thinks and feels that way, but has never driven a car before.

This attitude shows overconfidence and over-confidence. Such athletes can be or become resistant to advice.

Here a will arises that must be kept in check.

Another example illustrates how far the mind and ego have gone and deny reality.

A young man boasts to his friends that he will soon be able to bench press 160 kilograms, but he only manages 75 kilograms. His mind/ego has long since advanced, but his body lags behind.

Frustration is born.

The ambition and the ego are not fed with successes fast enough, and he feels bad, even like a failure.

The shame and frustration want to hide.

The mental assumption that we are who we want to be but are not yet gives rise to hot temper, self-doubt, along with blind rage.

Anger is blind because the ego blocks out reality and does not want to see it.