

# Download Mind Gym An Athletes Guide To Inner Excellence

Gary Mack is a leading sports psychology consultant and counselor who has worked with athletes in the NBA, NFL, NHL, WNBA, and Major League Baseball. He is president of two consulting firms, Sports Assist and Planning Solutions; the director of sports psychology for Griffey International; and team counselor for the Phoenix Suns and Phoenix Mercury. The editors of Sports Illustrated teamed up with sports and fitness experts to select the world's 50 most fit female athletes in sports. Want your gym to be listed here? Need to correct an existing listing? Fill this out and we'll take care of it, or email us at [gyms@thestrengthagenda.com](mailto:gyms@thestrengthagenda.com)! Areas of Expertise in the Sports Psychology Field. Youth Sports. Youth sports psychologists specialize in counseling young athletes and their families, helping to build confidence and develop teamwork skills, as well as maximize the positive character-building effects of youth sports activities.