



# Exercise and Sports: Reach Your Goals!

Do you need help maintaining an exercise or training program?

Do you want to perform at a higher level in your sport?

Do you have trouble hitting your peak in competition?

Are you struggling to bounce back from an injury, illness, or loss?

Discover what Olympic and professional athletes have learned: **sport psychology can help turn your goals into results!**

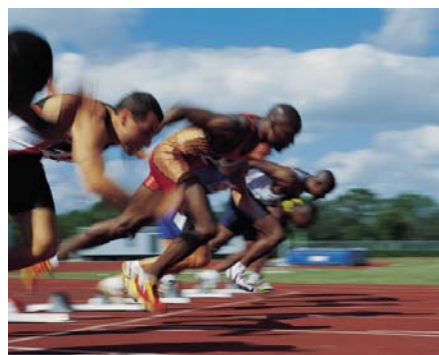
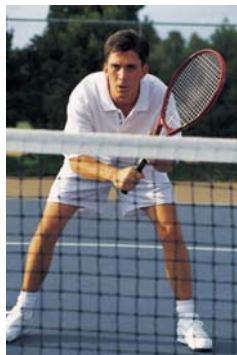
**Sport psychology helps you develop the “mental edge”** to reach your full potential. You can learn to...

**Enhance your performance** with the power of imagery.

**Boost your confidence** by banishing self-defeating thoughts.

**Stay calm and focused** in competition using relaxation techniques.

**For more information, call (617) 515-3568 or email [info@drendlich.com](mailto:info@drendlich.com) today!**



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