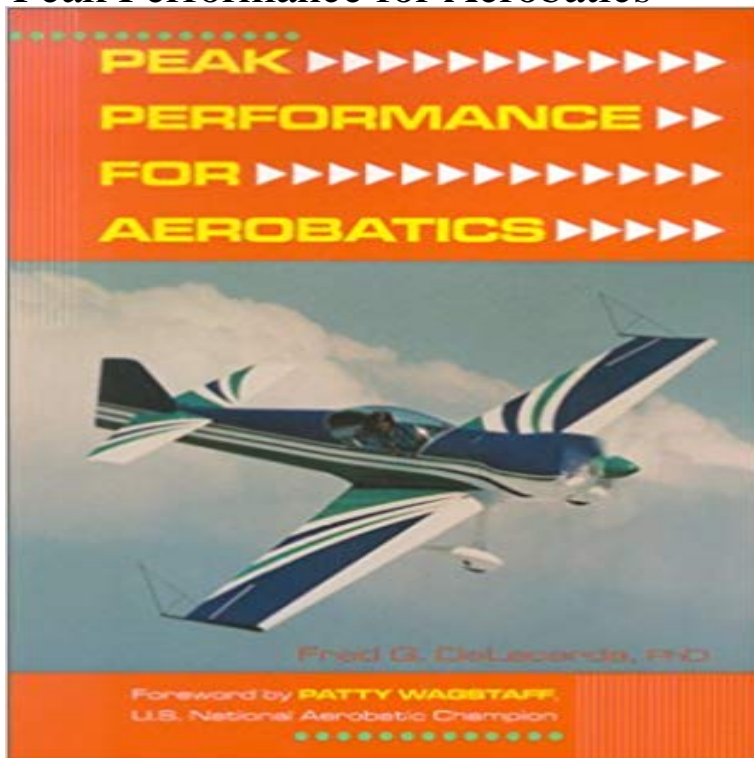


## Peak Performance for Aerobatics



Competition or sport aerobatics is one of the most physically demanding sports, requiring acute situational awareness, split second timing, and the control of a machine in three dimensions. Obtaining peak performance demands dedication and discipline of both body and mind. Too often, books on aerobatic competition overlook the importance of human factors. Written by a human performance expert with years of practical experience as an aerobatic pilot, this much-needed book systematically applies the principles of sport psychology to aerobatic competition, training and flying. A peak aerobatic performance does not just happen, but must be pursued. Peak Performance for Aerobatics describes the elements needed to give direction to the pursuit.

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