



Harnessing Your Emotion
Training The Mental Game for Improved Performance

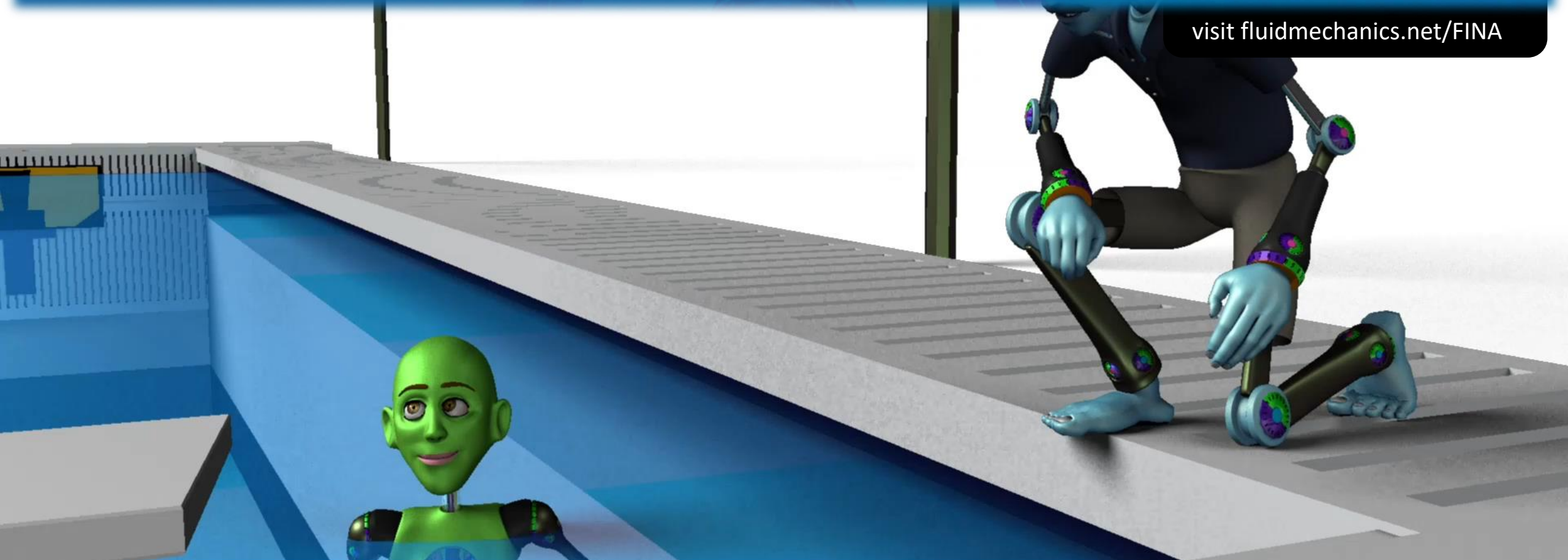
Live stream with John B. Waldman
President, Fluid Mechanics, Inc.



The Story Behind It



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NOT FOCUSED



The Simple Strategy



Fluid Mechanics, Inc.
The Swimming Experts

The logo for Fluid Mechanics, Inc. features a stylized swimmer in blue and green, with a white outline. The swimmer is positioned above the text "Fluid Mechanics, Inc." and "The Swimming Experts".

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INTRODUCING THE FM AVATARS



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THE CORNERSTONES OF ATHLETIC PERFORMANCE





What The Champions Think



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**THE MOST POWERFUL
LIVING BEING ON EARTH**





The Value of the Mind

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HOW MUCH FOR YOUR EYE?



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THE 2 MOST VALUABLE THINGS YOU WILL EVERY POSSESS





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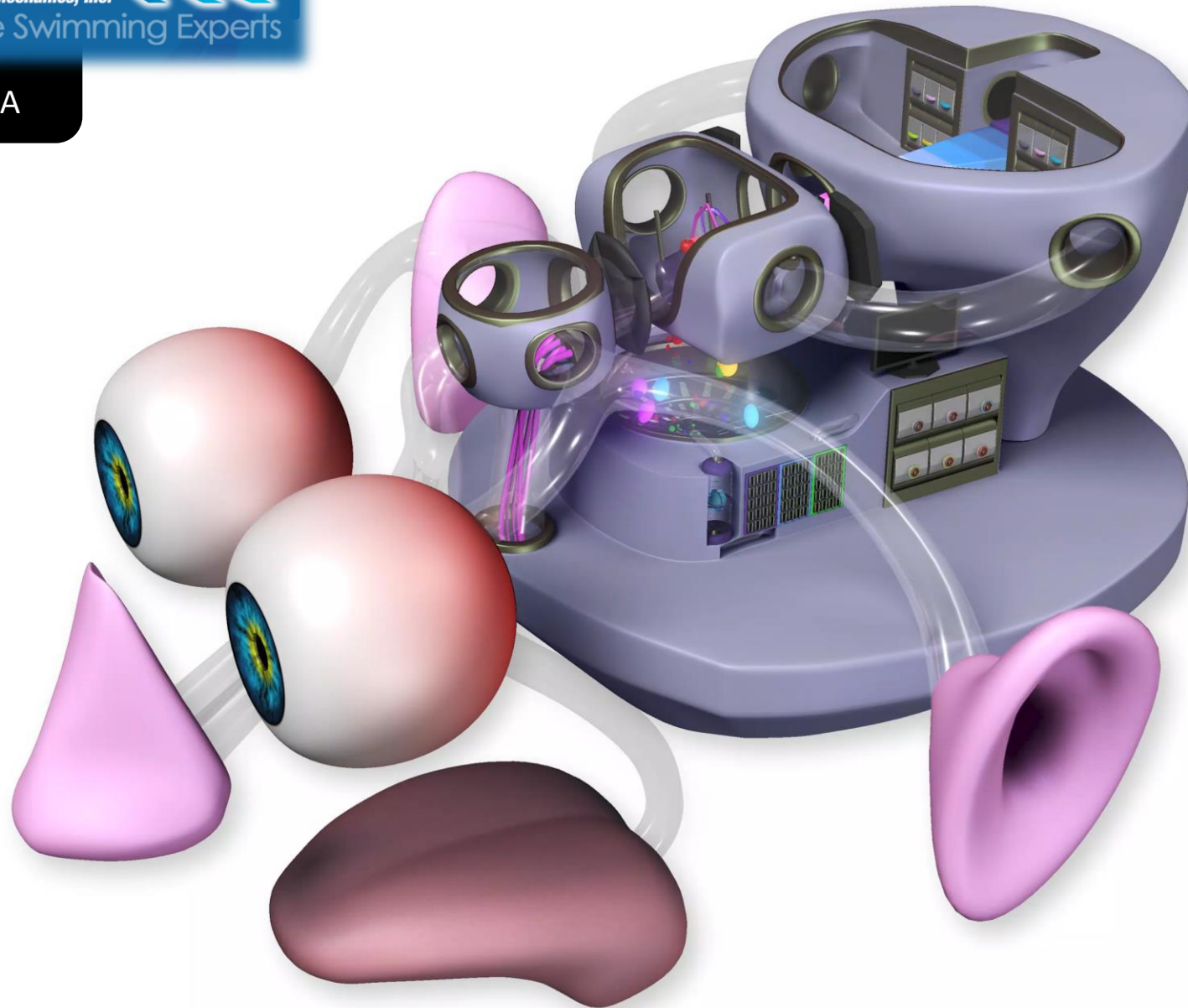


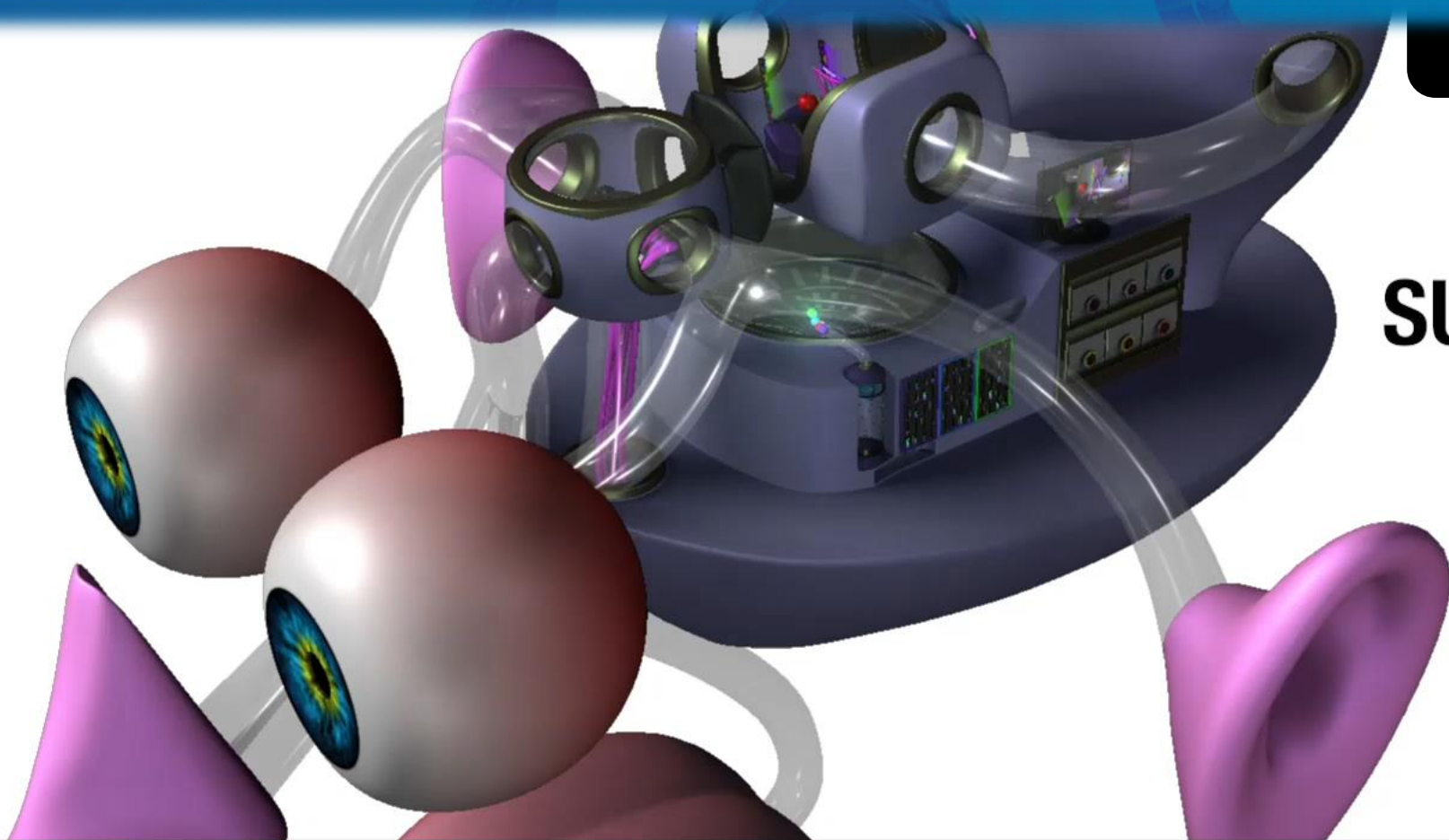
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SUBCONSCIOUS

THE AVATAR'S BRAIN

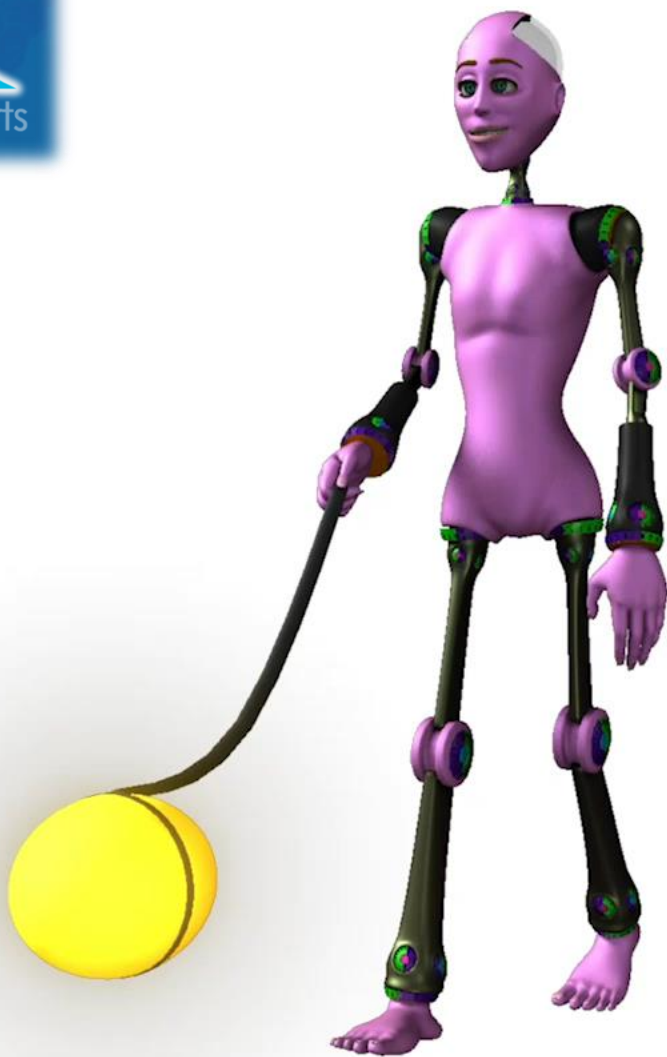


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Understanding Emotional Energy



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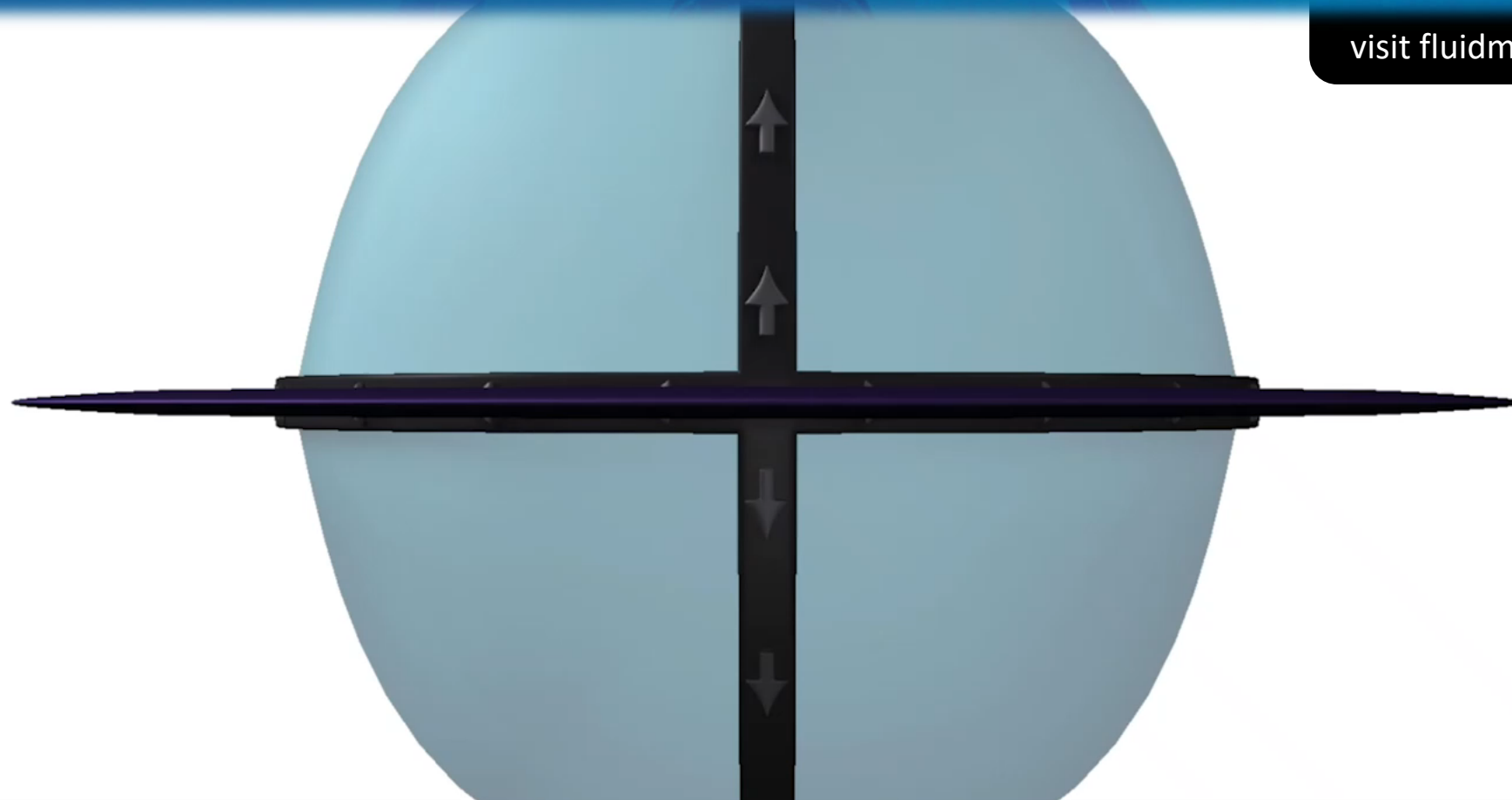




Emotional Energy Quadrant

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EMOTIONAL ENERGY QUADRANT



Emotional Balance

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EMOTIONALLY CENTERED



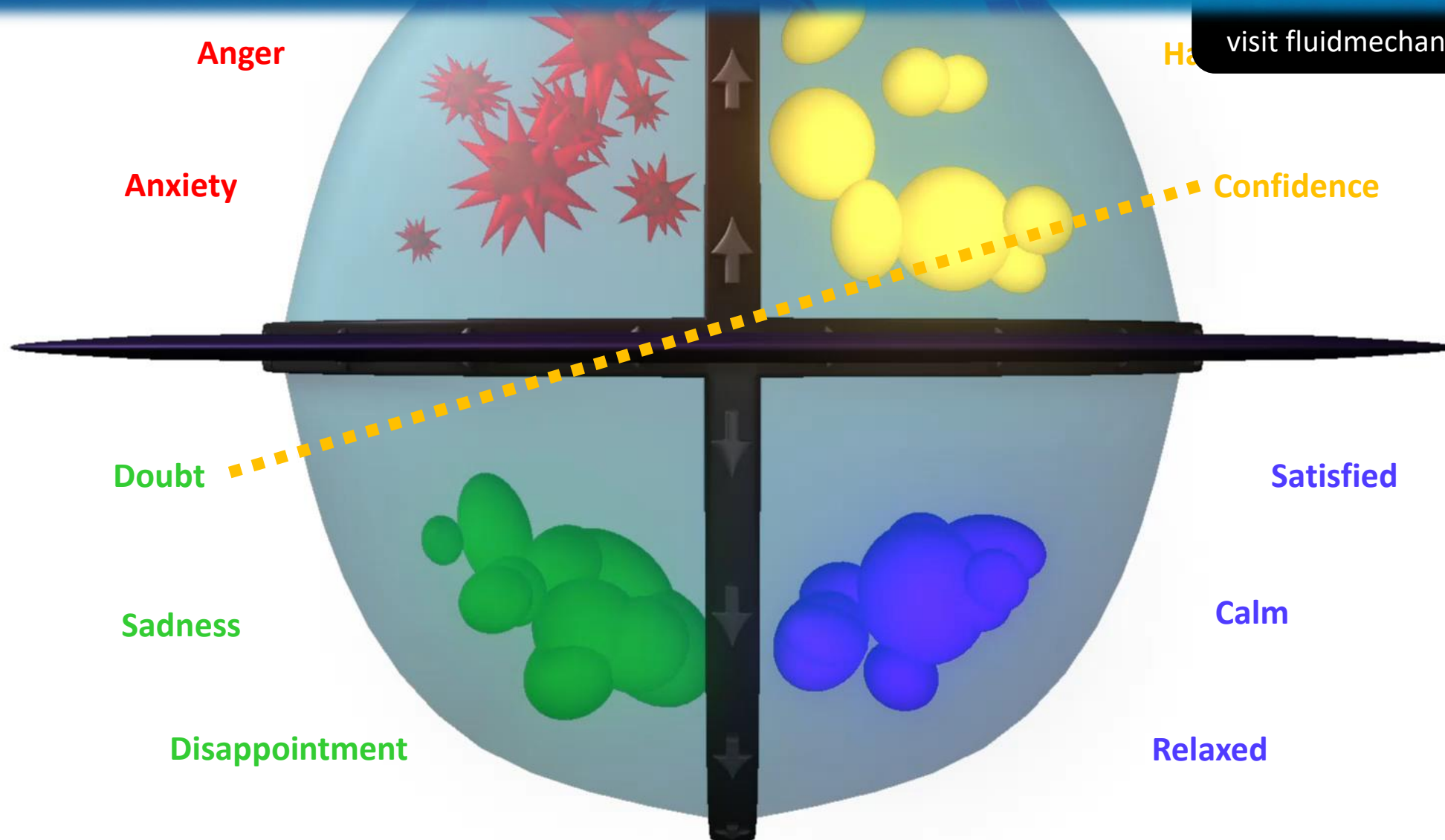
Emotional Energy Elevator

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Sample Emotions

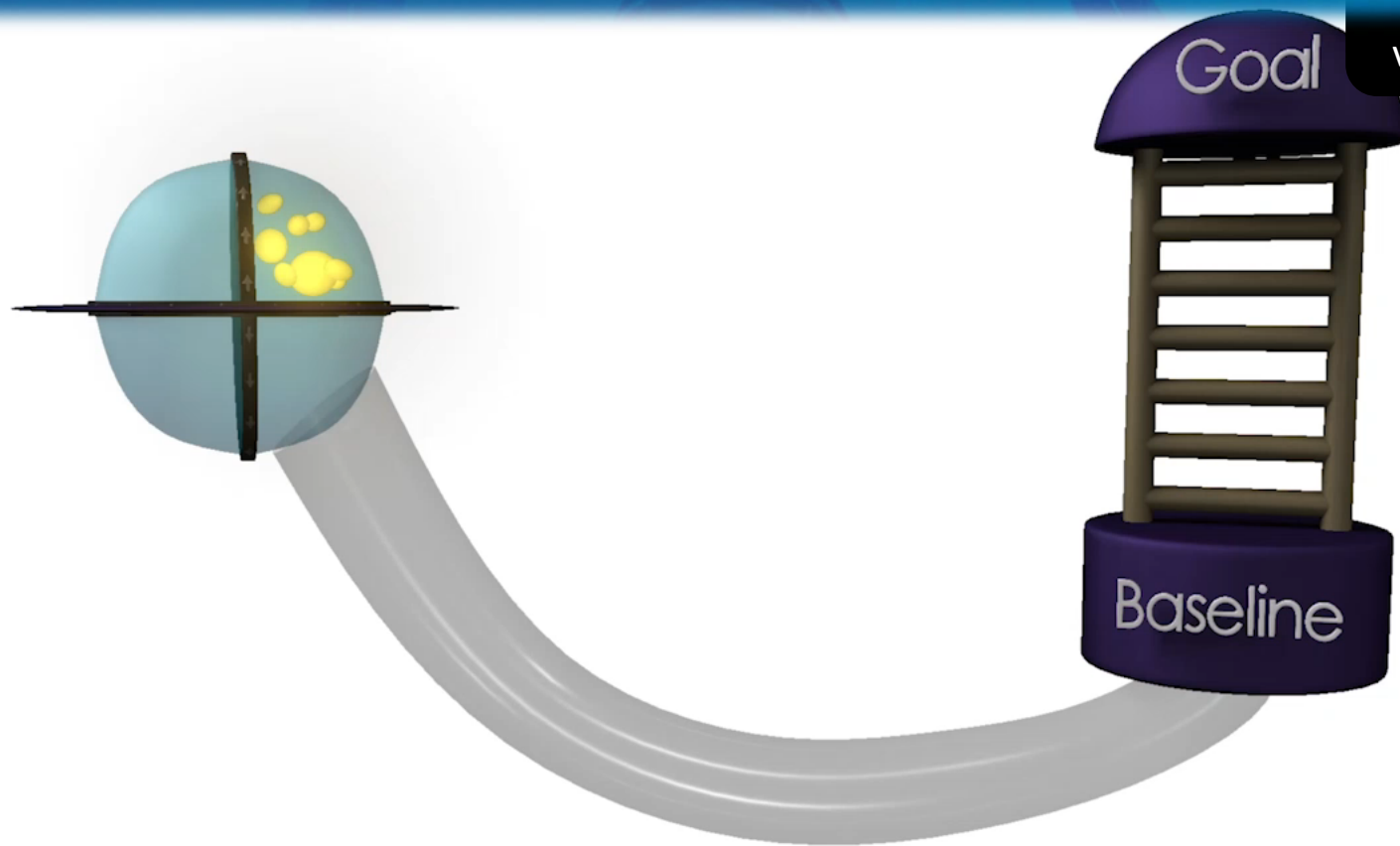




Putting Emotional Energy To Work



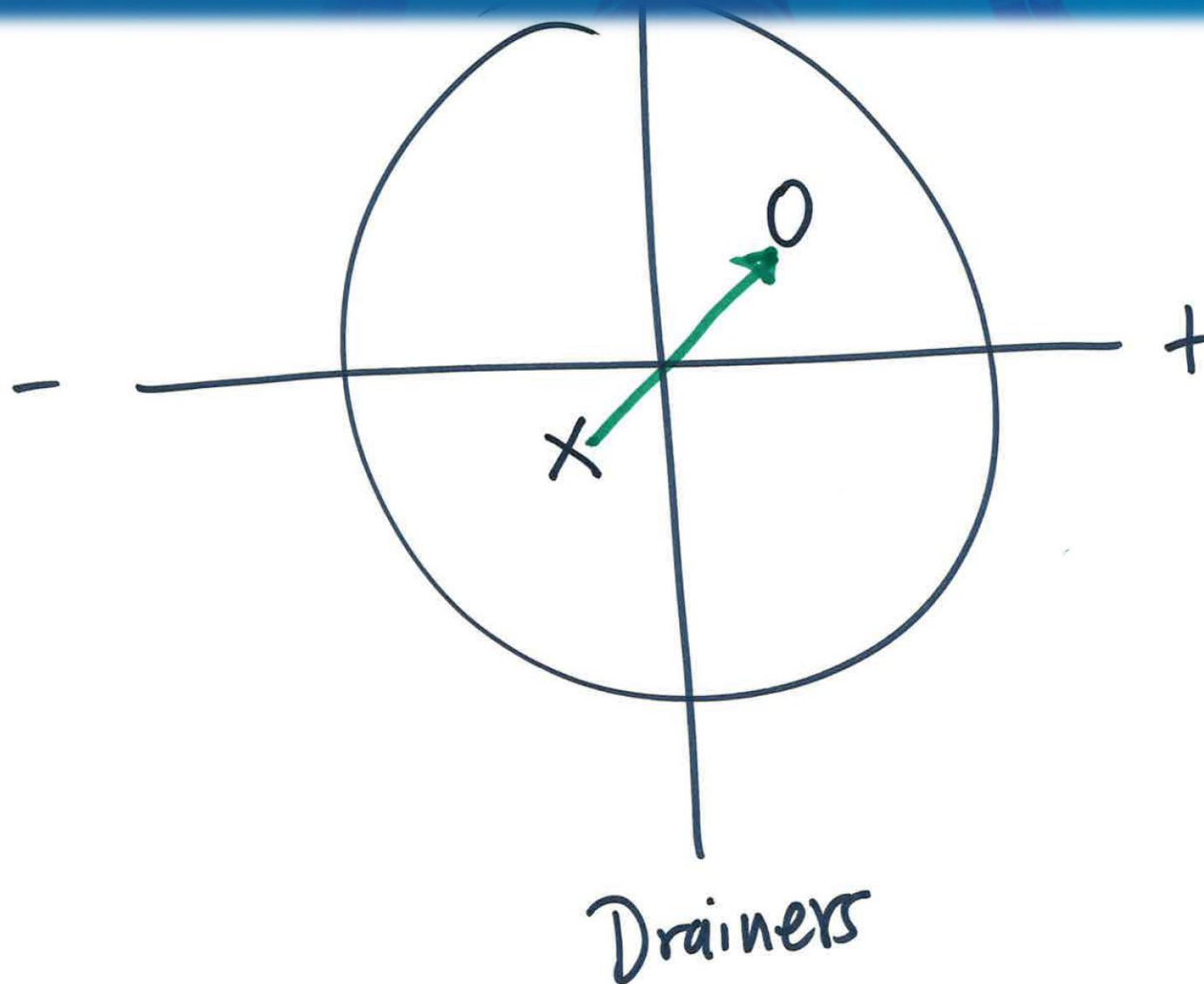
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The Chain Of Emotion



Changing Emotional Mindsets





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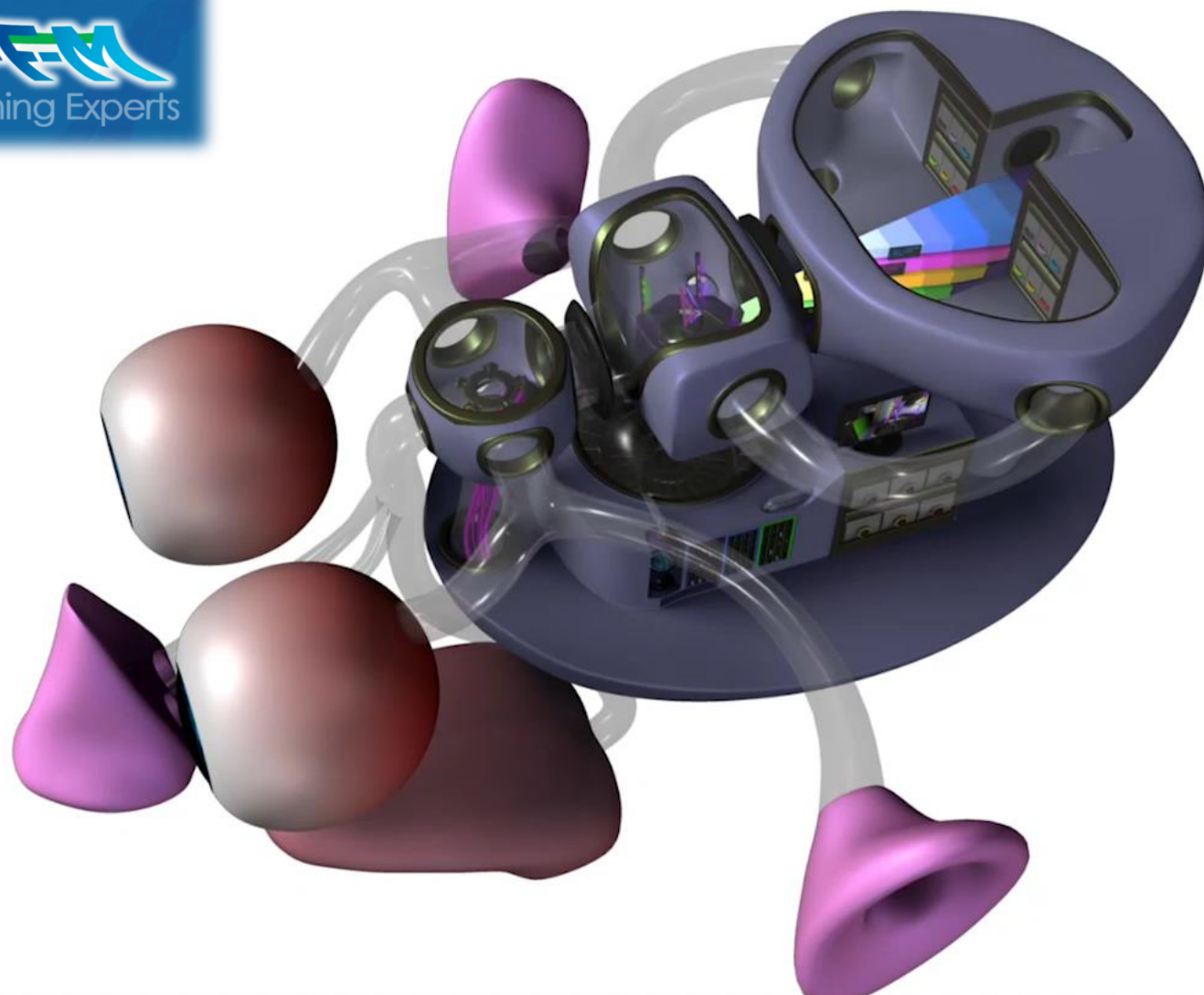


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Questions ?