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The Climber's Mindset

Authors: Léo Déchamboux - Frédéric Vionnet

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A guide for freeing your mind in order to improve as a climber.

Contrary to popular belief, climbing isn't just a physical sport; the mental element is fundamental, inextricable. To keep our brains from holding us back, we must learn to tame them. Fear of falling, failure, or success; motivating yourself to climb higher; setting realistic goals; getting out of your comfort zone; boosting your self-confidence; handling the jitters; memorizing a route: climbing clearly demands psychological engagement. Specialists Léo Dechamboux and Frédéric Vionnet provide concrete tools; practical exercises in visualization, focus, managing emotions, and establishing routines; and methods for laying a solid mental foundation to optimize performance year-round.
