

Sports Psychology Expert Dr. Benjamin An to be Featured on CUTV News Radio

ANN ARBOR, MICHIGAN, UNITED STATES, June 1, 2017 /EINPresswire.com/ -- It's match point. The crowd is silent. If you win this point, you win the tournament. Lose and the momentum could turn in your opponent's favor. What happens next depends entirely on the intensity of your concentration.

Dr. Benjamin An is the author of *The Concentration Mechanism of Tennis, Golf, Baseball, Soccer and Skiing*. His book explores the mental and physical connection in sports to concentrate on the right action at the right time through present mindfulness.

Dr. An did not touch a tennis racquet until he was 40 years old. Now 86, he remains one of the leading thinkers in the field of sports psychology.

"Whenever I learn something new I like to learn exactly what I'm doing," explains Dr. An. "It's much more important to me is to know what the game demands mentally as well as physically."



According to Dr. An, hitting and throwing are the primary tools for human survival; in the modern, civilized world, these survival skills were translated into sports actions and the structure and nature of these actions define the sport we're playing. Dr. An has sought to explore these actions to help athletes improve their performance.

“

[As athletes], we envision a result rather than remaining present within our movements. That's why my book is ultimately about concentration.”

Dr. Benjamin An

“The eye is the leader of the athletic action. The action is blind. The eye leads the action,” explains Dr. An. “Through practice it becomes intuitive. The action takes over for the eye. From this understanding, we can help any player in any sport.”

Human physical actions are complicated by human mental thoughts and intellectual understandings. The most profound of these complications, or interferences, is our ability to visualize the results of our actions. Dr. An believes this intellectual ability slows down the processes we need to align

our mind and our body to execute our actions properly.

“In sports, we tend to think more in terms of result than execution,” says Dr. An. “It is very hard for a person to concentrate solely on his actions; we envision a result rather than remaining present within our movements. That's why my book is ultimately about concentration. We have to be mindful of these interferences.”

Dr. An's book can help athletes develop their kinesthetic sense to improve their efficiency of movement. Even Roger Federer can benefit from some of the lessons shared in The Concentration Mechanism.

"You cannot predict the actions, you can only prepare for them," says Dr. An. "If you understand these actions you can be the best coach in any sport."

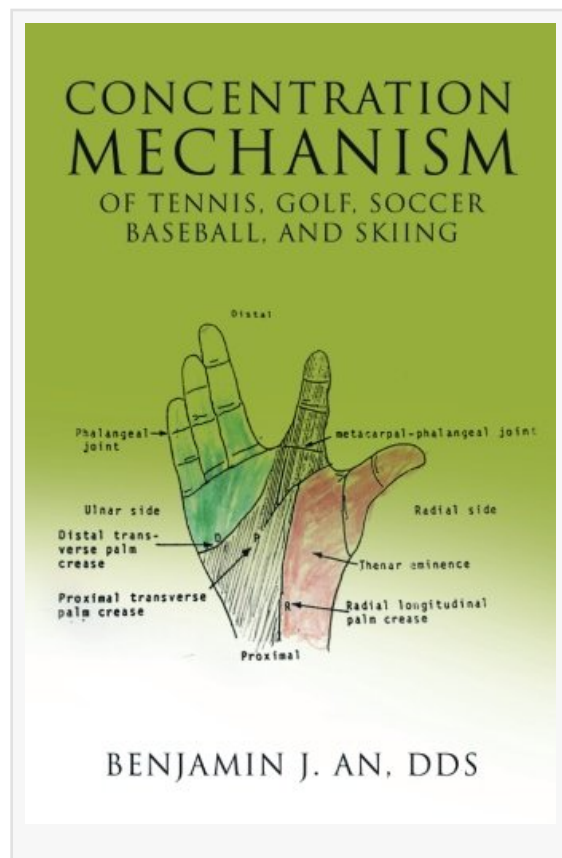
CUTV News Radio will feature Dr. Benjamin An in an interview with Jim Masters on June 2nd at 12pm EDT and with Doug Llewelyn on June 9th at 12pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

The Concentration Mechanism of Tennis, Golf, Baseball, Soccer and Skiing is available on [Amazon](#).

Lou Ceparano
CUTV News
(631) 850-3314
email us here



This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2017 IPD Group, Inc. All Right Reserved.