

MEDIA RELEASE

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NEW BEST SELLING HOCKEY CONFIDENCE BOOK A GAME CHANGER!

Hockey Confidence, a new book by Isabelle Hamptonstone of Brain Train International, has already reached #1 in two major categories on Amazon both in Canada and the USA.

NHL players are using the tools and training techniques in the book to improve their performance and get consistent results.

Hamptonstone, explains; *"If you have two hockey players with the same physical prowess and the same experience, the reason why one gets picked to play for Team Canada and the other one doesn't is the quiet confidence and calm that they have and show under pressure.*

Hockey, as with any sport, is such a huge roller coaster. I teach players how to reboot their brain on demand and get back in the game, no matter what is happening around them. They learn to be that player who gets picked first and makes a difference ... it's a real game-changer for them."

Hamptonstone first got involved in hockey several years ago, when she was asked by Blazers Head Coach at the time, Guy Charron if she would train his players. She worked pretty intensively on a one-to-one basis and gave the players tasks that they could do in between sessions. The Team went on to break the franchise record for the most number of wins in a row that season. It's the methods and techniques from these sessions that Hamptonstone has now refined and published in her new book.

Hockey Confidence is packed full of tools and tips, and is helping people of all ages who, not only play for fun, but are at different stages of their career, including players who are making their way to or are currently in the NHL.

Mark Recchi, three time Stanley Cup Champion comments; *"This book is a powerful tool for developing your self-belief and confidence. It will help many NHL hockey players be better teammates and better players. And it will help you deal with the ups and downs of hockey, and develop a steady state of mind so that you can play more consistently. Along with the drive, commitment and passion - this adds up to hockey confidence."*

For more information about Hockey Confidence visit:

<https://www.amazon.com/Hockey-Confidence-Train-Your-Brain/dp/1771642017>