

Kathleen Cleary
Dr Jay Granat
Stay in the Zone ads

Stay in the Zone Ads

#1

Experience the joy of focused performance every day!

Are pregame nerves destroying your ability to perform to your highest potential?

Are negative thoughts sabotaging your game and love of sports?

You can learn to be calm, focused and confident in **moments** with the help of one of the nation's top sports psychologists, Dr. Jay Granat. Whether you are a student seeking a Division I scholarship... a professional athlete seeking a tournament victory... an Olympic athlete seeking a medal or a weekend warrior looking for a backyard win, Dr. Granat can teach you to "get and stay in the zone" that leads to your optimal performance.

Bring the joy of sports back into your life with simple, drug-free techniques and programs that will have a powerful impact on your performance in practice and in competition.

Jay P. Granat, PH.D., Psychotherapist and Founder of StayInTheZone.com has coached and counseled athletes and parents of athletes from virtually every sport since 1985. He's been featured in The New York Times, Good Morning America, ESPN and the BBC and designated one of the nation's Top Ten Mental Gurus by Golf Digest. He's written several books and programs on sports psychology and lectured at many Fortune 500 companies.

For more information, call 888 580-Zone or go to StayInTheZone.com

#2

Are You an Athlete in Search of Excellence?

Imagine being so calm and confident that your actions feel effortless...

Imagine being so in tune with your game that nothing can distract you...
Imagine being so optimistic under pressure that you actually enjoy yourself...
Imagine being so focused and relaxed that victory is practically assured...

When "good enough" just isn't, turn to Jay P. Granat, Ph.D., Sports Psychologist and Founder of StayInTheZone.com. Dr. Granat will help you perform to your highest potential in moments...not months. He'll teach you the same sports conditioning techniques used by Olympic athletes to achieve gold medal performances.

Jay P. Granat, PH.D., Psychotherapist and Founder of StayInTheZone.com has coached and counseled athletes and parents of athletes from virtually every sport since 1985. He's been featured in The New York Times, Good Morning America, EXPN and the BBC and designated one of the nation's Top Ten Mental Gurus by Golf Digest. He's written several books and programs on sports psychology and lectured at many Fortune 500 companies.

For more information, call 888 580-Zone or go to StayInTheZone.com

#3

Young Athletes, Professional Athletes, Weekend Warriors

Master the Mental Aspects of Your Sport and Watch Your Scores Improve Dramatically!

You can be calm, focused, confident and optimistic under pressure with every performance. Designated as one of the nation's top mental gurus by Golf Digest, Dr. Jay Granat can teach you to train your mind to relax and focus, tune out distractions and live in the moment so you can reach your fullest potential as an athlete.

Jay P. Granat, PH.D., Psychotherapist and Founder of StayInTheZone.com has coached and counseled athletes and parents of athletes from virtually every sport since 1985.

The author of *How To Lower Your Golf Score With Sport Psychology*, *Get Into the Zone in Just One Minute*, *Zone Tennis*, *101 Ways to Break Out of a Hitting Slump* and *How To Get Into the Zone With Sport Psychology and Self-Hypnosis*, Dr. Granat has been featured in *The New York Times*, *Good Morning America*, *EXPN* and the *BBC* and designated one of the nation's Top Ten Mental Gurus by *Golf Digest*.

For more information, call 888 580-Zone or go to StayInTheZone.com

#4

Student Athletes, Professional Athletes, Weekend Warriors

Do You Find Athletic Competition Fun and Exciting Or Stressful and Nerve-Wracking?

Learn simple techniques you can use TODAY to be calm, relaxed, focused and confident under pressure. Jay P. Granat, Ph. D., a leading sports psychologist and Founder of StayInTheZone.com, has helped hundreds of athletes—students, professionals, Olympians and weekend warriors—to reach their fullest potential and success in sports since 1985.

The author of *How To Lower Your Golf Score With Sport Psychology*, *Get Into the Zone in Just One Minute*, *Zone Tennis*, *101 Ways to Break Out of a Hitting Slump* and *How To Get Into the Zone With Sport Psychology and Self-Hypnosis*, Dr. Granat has been featured in *The New York Times*, *Good Morning America*, *ESPN* and the *BBC* and designated one of the nation's Top Ten Mental Gurus by *Golf Digest*.

For more information, call 888 580-Zone or go to StayInTheZone.com