

Struggling

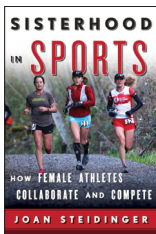
with your

Mental Game?

Sports Psychologist **Dr. Joan Steidinger** can help.

OPTIMAL PERFORMANCE TRAINING • BUSINESS AND PERSONAL COACHING

- Maximize performance
- Manage stress, anxiety, and panic
- Enhance focus and concentration
- Learn through losing
- Boost confidence
- Deal with depression
- Recover from injuries
- Manage transitions



- CC-AASP sports & clinical psychologist CA PSY 12505
- Member, USOC Registry of Sports Psychology
- Author, *Sisterhood in Sports: How Female Athletes Collaborate and Compete*
- Former Competitive Ultrarunner
(3rd in Open Division, 1993 Pacific Ultra Grand Prix Series)
- Offices in Mill Valley and San Francisco

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