

H. TITLE INFORMATION

MENTAL AND PHYSICAL FITNESS FOR POTENTIAL RACE-CAR DRIVERS

by GERNOT EMBERGER & ALEXANDER PRINZ

CONTENT:

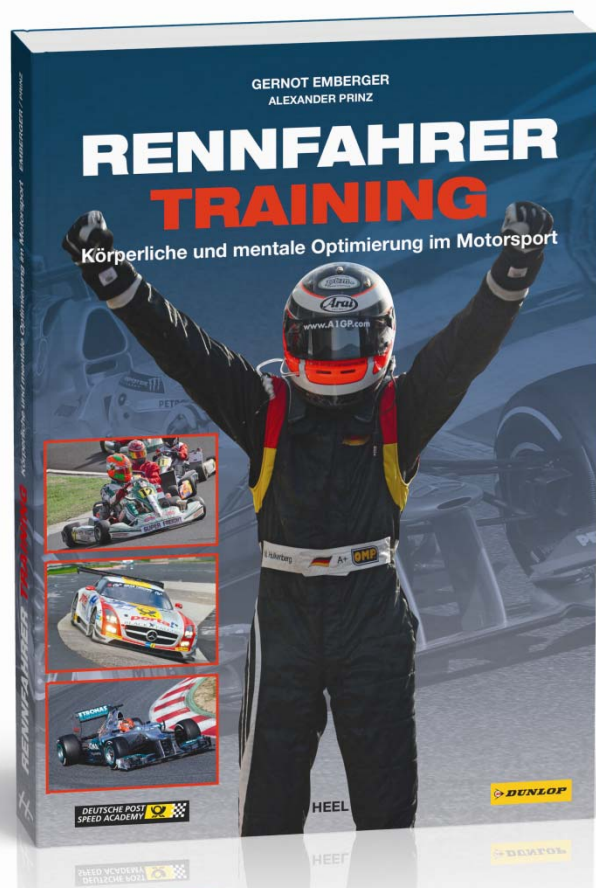
This book is published in close cooperation with *Deutsche Post Speed Academy*. Since its successful start in 2004, the Academy has grown to become an institution for sponsoring the up and coming talents of German motor racing. Every year about six sponsor candidates are assessed in a contest of several rounds to prepare them for their future racing careers.

The author, Gernot Emberger, is a graduate in Sports Sciences and a Sport Psychologist. He runs his own company where he trains people to optimize their performance, to increase their efficiency and their productivity in all areas of life. He also works as one of the main coaches for Deutsche Post Speed Academy and comprehensively describes in this book how both physical and mental training works there.

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