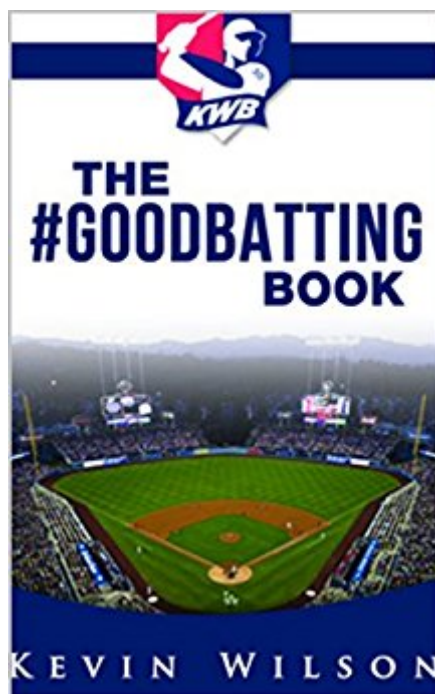


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The #GoodBatting Book



Synopsis

For more than a decade, Kevin Wilson has been one of the most respected hitting coaches in the game. He works behind the scenes as a private hitting consultant to some of the best hitters in Major League Baseball. Now, for the first time ever in print, he takes you inside the mental game of hitting, explaining things you wish you knew before you got into high school, college or professional baseball. The term #GoodBatting is a mindset. It's a feel. It's simple. It's based on your WHY. It's filled with purpose and intent. It's individual. It's genuine. It's a complete understanding of YOU. It's confidence. It's clarity. It's controlled. It's repeatable. It's natural. Kevin takes you all-access inside his world of #GoodBatting. It's not only a mindset, but it's a way of life. Visit KWBaseball.com and follow Kevin on Twitter @KWBaseball

Book Information

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Customer Reviews

My goodness! What an incredible read. This book is exactly what I wish I would have had as a 14 year old freshman baseball player in high school. There was a lot of information fed to me at that time -- all about where my foot went, how to hold my elbow, and what my head was supposed to be doing. What Kevin does -- in terms that even a hacker like me can understand -- is to talk about the approach to hitting. He talks about what goes through your head prior to and during an at-bat. Don't

expect a cheerleader or motivational coach and don't expect that he's going to tell you where to stand in the batter's box. You will not become a Kevin Wilson robot by reading this. What you will become is a better hitting you. I think that every coach ought to get this book for all incoming players. And, I'm telling you, the coach will not regret it. It will not conflict with what the coach teaches, but it lays a foundation to be built upon. Pull the trigger. Buy the book!

For the cost of two cups of coffee you can get your hands on a great read that can change a hitter's mindset forever. If you watch amateur baseball often, you find yourself asking, "why aren't there more great hitters?" This book offers an answer. This book does not tell hitters and coaches where to put their right elbow during the swing. This book does not talk about the ideal launch angle at contact. This book does not mention exit velocity. Instead, Kevin offers a clear, repeatable, enlightening plan that hitters can put into action immediately. Perhaps what makes this book so valuable though, is that it delivers on both philosophy and action steps. In it you get the WHY and the HOW. Kevin has been giving away his expertise for free for over a decade; this is a can't miss investment for under ten dollars.

Like a compact swing, Kevin Wilson wastes no energy in achieving his purpose. More thought provoking than instructional, he presents ideas and perspectives which can be incorporated into a good batter's approach at any level.

Great book for all ages. This book does a great job of simplifying the complexities needed for players in professional baseball all the way down to today's youth. Kevin does a nice job of covering a lot of various areas of hitting while encouraging hitters to learn about the person that matters most, the individual hitter. The book does a great job covering controlling the hitting zone, trusting your approach, controlling the mental aspects, etc. We will use ideas to start building a base for our young son and I will use aspects in coaching the upper level hitters that I work with on a everyday basis.

The #Goodbatting Book is information I wish I had sooner. As a professional baseball player, we are always trying to figure out what separates great players from the rest of the pack. Kevin Wilson gives us just that. The book lays out his perspective on the baseball and quite frankly, challenges you to find your own greatness within the game. Highly recommend for players and coaches looking to take baseball, and life, to the next level.

This book is a MUST READ! KW has an innate ability of simplifying one of the most complex aspects in sports. His book allows you to sort the clutter that you constantly hear from external sources and creates clarity. As KW says, "hitting is simple; it's just not that easy."-Drew Saylor

If you don't have the mental game mentioned inside this book, the game will hunt you down and end your career before you know what hits you. Start kids off with the mental game and work on your approach at the plate to get ahead of the curve

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