

ADVICE FOR YOUNG ATHLETES FROM NOMAR GARCIAPARRA

Dr. Lazarus recently had the privilege of meeting baseball legend, Nomar Garciaparra, at a fund-raising event hosted by Brandi Chastain. Ms. Chastain is a professional soccer player and former member of the United States Women's National Soccer Team.

Her charity, ReachUP, is designed to help mentor young girls to develop the skills necessary to make healthy lifestyle choices and become true champions. Mr. Garciaparra, along with numerous other athletes, participated in the celebrity soccer match at this event.

After the game, he met with Mr. Garciaparra and had the opportunity to ask him a few questions.

JL: *What would you advise young athletes?*

NG: **I would encourage them to play all different sports and not focus on just one.**

JL: What was the hardest thing about playing baseball and what was the most fun?

NG: **The hardest part was playing an entire season of 162 games with only two days off. The most fun part was playing baseball! And, the hardest and most fun thing I've ever done is being a parent. And, as wonderful as baseball was, fatherhood blows baseball away!**

JL: What was it like playing professional baseball?

NG: **Every time I walked onto the field, I told myself that I was not the best player out there and that I was not the worst one, either. I was humble.**

JL: I see a lot of athletes in my practice and am always asked about staying focused. How do you stay focused? (*Note: Mr. Garciaparra earned the American League batting titles back to back in 1999 and 2000 when his batting average was .357 and .372, respectively.*)

NG: **When it's the bottom of the ninth inning, and I'm staring down at Mariano Rivera (a pitching ace), I am not thinking about baseball. I draw on my experience from when I played high school football. I remember when there were three seconds left in the game, and I was the place kicker, and had to kick a field goal. That is where I go, in my mind.**

After the interview, Dr. Lazarus watched Mr. Garciaparra talk with a few 11-12 year-old fans. He took time with them and did not rush off. What a fine man and role model for those 11 and 12 year-olds, and for this 57 year-old!

Commentary from JL: *The last comments, above, by Mr. Garciaparra, reflect what we teach athletes in clinical hypnosis. We encourage them to find their inner strength, from previous experiences and previous successes, and utilize that frame of mind to help them to help themselves.*

For more information on clinical hypnosis, please visit www.JeffLazarusMD.com