

Link do produktu: <https://www.szachowo.pl/the-mental-game-by-alexander-galkin-twarda-okladka-p-3195.html>



The Mental Game by Alexander Galkin (twarda okładka)

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Wersja językowa książki - angielska. Twarda okładka. 288 stron.

We all have an intuitive feeling of the stress, pressure and frustration on the path to **winning a World Championship** in sport, but rarely will you get as unfiltered and raw an insight into the struggle to succeed as in **The Mental Game**.

Aleksandra Maltsevskaia won the 2018 World Junior Championship and 2022 European Rapid Championship. This book reveals the inside story of an 18-month period in which she worked with **Grandmaster Alexander Galkin**. A year later, Maltsevskaia became **World Junior Champion**. Galkin holds nothing back in revealing the highs, lows, jubilations and frustrations that were experienced in their collaboration, all while providing expert insights that will benefit chess players and coaches alike. The book contains a wealth of bonus material, including all eleven annotated games from Maltsevskaia's World Championship victory.