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H.A. (Harvey) Dorfman's book - The Mental ABCs of Pitching: A Handbook for Performance Enhancement - is one of those classic mental game pieces. My friend Jordan Zimmerman (ZB Velocity) turned me on to Dorfman's book, as he said it helped him become a mentally strong pitcher and

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was crucial to his success as a professional pitcher.

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Author H.A. Dorfman brings his years of expertise as instructor/counselor with the A's, Marlins, and Devil Rays to provide an easy-to-use, A-to-Z handbook which will give insight and instruction on how to pitch to peak performance at every level of the game. Perfect for pitchers who need that extra edge or hitters who want to better understand the mental moves on the mound.

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How many times have you heard these lines describing a struggling pitcher: "It's a mental issue" "He has the yips" "He's lost the ability to throw strikes" "It's all in his head" "He's mentally weak" "He's in a slump" "He doesn't have a mental approach"

How To Master The Mental Game Of Pitching

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It was called "The Mental ABC's of Pitching," by a sports psychologist named H.A. Dorfman. I read the book one spare evening, though, as you may have noticed, I'm not a pitcher ☹ and no major...

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Book Value: The Mental ABC's of Pitching - lean

It was during this time that Brandy Halladay, Roy's wife, picked up a book for him which she hoped would help restore his sagging confidence. The book was called "The Mental ABC's of Pitching: A Handbook for Performance Enhancement." The book was written by Harvey Dorfman. Sixers'

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