

# Stay in the Zone.com

The Performance Enhancement Site For Athletes In Search Of Excellence Since 1978



## Dr. Jay P. Granat

Psychotherapist, Hypnotherapist, Author, Lecturer, Coach of Champions, Founder Of StayInTheZone.com



Dr. Jay P. Granat is a psychotherapist with 24 years of clinical experience. He has several years of experience with psychology in sports and exercise and has coached thousands of golfers, tennis players, baseball players, basketball players, martial artists, bowlers, fencers, football players, boxers and figure skaters. His clients have included professional athletes, student-athletes,

doctors, lawyers, salespeople, traders and some of America's largest corporations. Dr. Granat, the founder of Stay in the Zone.com, has written several mental training in sports books and has lectured extensively on performance enhancement. He is past Vice-President of the New York Society for Ericksonian Psychotherapy and Hypnosis and a university professor. An Olympic Gold medalist from Japan and Olympic coaches recently visited him for training.

BIOGRAPHY

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### FEATURES

#### Where has Dr. Granat been featured?

Dr. Granat has been featured on ABC's Good Morning America as well as in The Sunday New York Times, Tennis Magazine, ESPN Magazine, The Newark Star Ledger, The Golf Channel, and on Channel 10 News. He recently appeared on The Canadian Broadcasting Company's Sun Day News Show. He will also be featured in a documentary film on long distance running.



Dr. Granat was voted one of the "Top 10 Mental Gurus" by Golf Digest.

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**What Is The Zone?**

The zone is a mental state which includes mental focus during sports and a sense of calmness and confidence. Actions and decisions are effortless and easy. There is no self-criticism and the person is living in the moment. The athlete is playing in the here and now. For more info about psychology in sports and exercise and how you can get in the zone [click here](#).

THE ZONE

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