


The MindSide Manifesto: The Urgency to Create a Competitive Mindset

By *Bhrett McCabe PhD*



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Life is meant to be lived fully. Unfortunately, too many allow life to live them, and as a result, success is out of reach. A fully engaged life always begins in the mind, impacting thoughts, feelings, and actions to create the pathways and habits responsible for success. Elite competitors start with a purpose-driven mental approach to their success, so much so that it becomes their identity – their Manifesto. The MindSide Manifesto dives into the factors that often rob athletes, coaches, and leaders of their ability to live and compete to their full intent. By exploring the traps that commonly limit success and developing your focused, driven mindset, dreams become reality. Only when you fully declare your Manifesto and commit to the plan of achieving it, will you reach your true potential. It is your choice – Are you willing to invest in you and your Manifesto?

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Editorial Review

About the Author

Dr. Bhrett McCabe is a Licensed Clinical Psychologist holding a PhD degree in clinical psychology from Louisiana State University (LSU) with an emphasis in behavioral medicine, and completed his pre-doctoral internship at Brown University in Providence, RI. While an undergraduate at LSU, Dr. McCabe was a 4-year letterman on the baseball team and was a member of 2 National Championship teams, 3 SEC championship teams and 3 College World Series teams. Dr. McCabe is a practicing Sports & Performance Psychologist who works with numerous athletes from the PGA and LPGA Tours, NFL, NBA, MMA, and serves as the sports and performance psychologist for one of the largest and most successful Division I college athletic departments in the country. Dr. McCabe has published several academic journal articles, presented numerous scientific presentations, as well as provided insight and authored numerous articles for trade magazines such as GOLF Magazine, Golf World, and ESPNW, among others. Dr. McCabe's professional perspective is a blending of his own experiences as an elite athlete, his academic credentials and training, and through his interactions with the world's best athletes, coaches, and leaders.

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