

# **Kamloops Blazers Mental Performance Trainer Launches Brain Train Book at March 10<sup>th</sup> Blazers Game.**

For Immediate Release

**February 29<sup>th</sup> 2012. Kamloops, BC:**

Mental Performance Trainer, sports instructor, NLP Consultant and Author Isabelle Hamptonstone MSc. of Brain Train International, [www.btmvp.com](http://www.btmvp.com), has written a simple, straightforward book of daily action for Athletes, Business Owners and everyone who is highly motivated by success, to Train their Brain.

101 Short Steps to Radiance provides 101 secrets to becoming more **powerful**, more **successful**, more **productive** (even more **attractive**) and radiate great mental and physical energy by training the brain in less than 20 seconds a day.

Isabelle will be autographing copies of her new work at the Interior Savings Centre, March 10<sup>th</sup> 7pm at the Kamloops Blazers game.

**Guy Charron, the head Coach of the Kamloops Blazers has this to say about Isabelle:** *“Izzy has been a tremendous help to our players. When I first met Izzy, her calm and soothing demeanor along with her positive reinforcement were evident. I knew these attributes would be an instant benefit to the Kamloops Blazers. I believe her contribution to our hockey club has made a positive impact amongst our players. I am grateful to have developed a relationship with her and would highly recommend her to others.”*

**Colin Smith, WHL Player of the Week, Kamloops Blazers, has written:** *“Izzy has helped me focus on the positive outcomes by taking a different approach to my sport. Learning from past experiences Izzy has helped me focus on being great instead of good. I can now focus on being in the moment and having fun and joy in everything I do. She’s most importantly helped me believe in myself and I’ve realized that anything IS possible.”*

**Quote from Isabelle:** *“It is a great privilege to be part of the support structure for a team that means so very much to the residents of Kamloops, and to me personally. Each day that I connect with a staff member of the Kamloops Blazers, or work with an individual player or with the team as a whole, I am inspired by the dedication to become the best that they can be, professionally and personally.”*

### **About the book:**

101 Short Steps to Radiance came from Isabelle’s desire to achieve 3 life-changing goals:

1. To provide a book a simple daily actions that take less than 20 seconds a day to train brains to become more optimistic, more powerful, more productive and for people to radiate great energy and increase their quality of life.

2. To find a way to generate money to support the sterling efforts of the families and teachers of the small school at Sun Peaks  
<http://balancededucation.ca/>

3. To prove to herself that she could use her own skills as a mental performance trainer to release her own crippling limited beliefs from her subconscious that had, for decades, been holding her back from writing a book, particularly the thought that ‘I’m afraid to do this’.

[http://btmvp.com/?page\\_id=496](http://btmvp.com/?page_id=496)

### **About the Author:**

Isabelle Hamptonstone was, this season, invited to become the Mental Performance Coach for the Kamloops Blazers Ice Hockey Team. Isabelle has a background in Neuro Linguistics and sports instruction and has achieved mesmerizing results training Olympic and World Cup Athletes and Business Owners including Kamloops own Young Entrepreneur of the Year. Isabelle’s deepest desire is to connect with the higher self of every person that she meets and positively impact their view and the world and their value within it.

Reference:

[isabelle@btmvp.com](mailto:isabelle@btmvp.com)

[www.btmvp.com](http://www.btmvp.com)

TRAIN YOUR BRAIN TO WIN

<http://btmvp.com>

<https://www.amazon.com/author/isabelle>

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**“Izzy has been a tremendous help to our players, I highly recommend her”** Guy Charron, NHL Calgary Flames Alumni, Head Coach Kamloops Blazers WHL Hockey Team. **"She has helped me to become twice the entrepreneur, father and husband I was before."** Winner: Entrepreneur of the Year, Shawn Harnett **"This has transformed me into a powerful, grounded and balanced competitor."** World Cup Ski Team Canada, Elli Terwiel