

**New Workbook on Healthy Mindset for Athletes and Workplace Athletes**  
*Mike Hartman is now a Performance Mindset Coach and Corporate Trainer*

CHARLOTTE, NC – July 27, 2022 – Mike Hartman has released his new workbook, *Healthy Mindset for Athletes & Workplace Athletes*. The book is packed with helpful tips and information on how to maintain a healthy mindset while pursuing your passion. Learn how to set goals, stay motivated, and overcome obstacles. There are also sections on dealing with disappointment, managing stress, and staying focused.

Hartman is a former professional ice hockey player who played 17 years of professional hockey. He was drafted in the seventh round by the Buffalo Sabres in the 1986 NHL Entry Draft and played for the Winnipeg Jets, Tampa Bay Lightning, and New York Rangers. He was inducted into the Michigan Jewish Sports Hall of Fame in 1995 and the National Jewish Sports Hall of Fame and Museum in 2002. Hartman is best known for his time with the New York Rangers, where he won a Stanley Cup in 1994. During his career, Hartman appeared in 397 games in the NHL and scored 50 goals. He also represented Team USA internationally on several occasions.

Hartman decided to establish the [Hartman.Academy](#) after realizing he had a real obligation to pay forward the incredible guidance he received when he was growing up and during his career as a professional hockey player. Having benefited from great coaches and mentors himself, Hartman knows first-hand the positive impact they can have on someone's life.

Through *Healthy Mindset for Athletes & Workplace Athletes: Helping Athletes Achieve Their Dreams and Goals While Being Mindful of Everything in Life!*, he provides that same level of support and guidance to athletes, workplace athletes, coaches and anyone who wants to get better at what they do. By sharing his knowledge and experience, Hartman hopes to help others reach their full potential both on and off the ice.

"This workbook combines lessons learned from mentors, coaches and players, along with observations and insight gained through talking with folks through the years. It will help you establish a plan to work towards achieving your personal best and realizing your dreams," Hartman said. "No matter what your goal is, big or small, you need a plan and the dedication to see it through."

*Healthy Mindset for Athletes & Workplace Athletes* is now available on [Amazon](#) and [Audible](#)