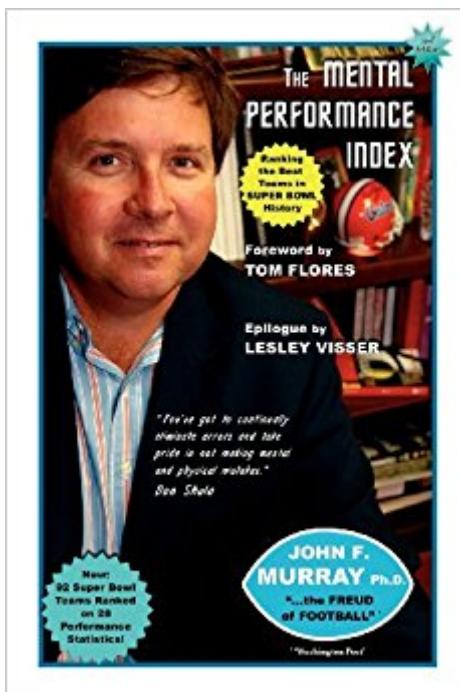


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# The Mental Performance Index: Ranking The Best Teams In Super Bowl History



## Synopsis

In "The Mental Performance Index: Ranking the Best Teams in Super Bowl History," clinical and sports psychologist Dr. John F. Murray shares his fascinating personal journey and many interesting people and situations inspiring him to love American football and later become a sports psychologist. Growing up in South Florida in the early 1970s, it was impossible for him to ignore the influence of the "perfect season" of the 1972 Miami Dolphins, or Don Shula's constant insights. Later as a sports psychologist, he explains how he wanted to help athletes by measuring how they had performed in a more comprehensive way that accurately included their "mental performance" too. Murray reasoned that since he was constantly telling his athletes to stay focused on "performance" and "process" rather than on "outcome" or "scores," he needed a way to measure how well his clients had complied, and also to verify quantitatively that what he was saying was true! From the earliest caveman days when the first spear thrower attempted to kill a Buffalo so that his village could eat and survive, that person's performance under pressure, or the quality of his mental skills, had been a matter of deep discussion and evaluation. Some, like our modern-day Joe Montana or Tom Brady, handled pressure well and thrived, while others choked, but that quality of "smart play" was never doubted to be important. Despite this universal understanding, Murray jumps out of his shoes when he realizes that nobody in history had taken the time to measure or quantify this "smartness" of play or "mental performance!" He quotes Hegel in Chapter 1, as Hegel once said "Because it's familiar, a thing remains unknown." So the author created a new statistic over eight years to correct this historical oversight and called it "The Mental Performance Index." Indeed, what had been missing since the early cavemen is now finally corrected in this book as we have a way of quantifying mental performance that enhances our understanding of team performance, and it will launch a paradigm shift in sports. With this new statistic, and a way to capture performance that includes mental aspects (seen in "smart play" or its opposite in carelessness, choking etc.), the author reviews every play in Super Bowl history. His results reveal this statistic to be the best predictor of success in the Super Bowl by far when compared with all the other more traditional team performance stats! The MPI even predicts success better than points scored or given up, further highlighting that what had been ignored in team sports can no longer be ignored, and confirming the truth that it is smart to place "performance" over "outcome" when training a team or an athlete. The mental game is no longer some murky, intangible or complicated factor after this book. When it is measured along with overall performance it is the key to success. Knowledge is power, and with a new and more accurate way to rate and understand team performance, coaches and teams have the potential for vast improvement using this system. This

books shares a passionate and important discovery in sports and the thrust of this book is what led forward writer and 4-time Super Bowl champion Tom Flores to write: "Dr. Murray's Mental Performance Index can be and will be the next part of sports evolution in the 21st century." A Epilogue writer Lesley Visser, the only female inducted into the pro football Hall of Fame, A explores the genius of Bill Walsh and his San Francisco 49ers teams. Finally, Murray ranks all teams based on MPI statistics as well as more traditional measures, tells us which teams were the best ever, and provides key lessons of success that anyone can apply from each Super Bowl played between 1967 and 2011.

## **Book Information**

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## **Customer Reviews**

"This is a fascinating work of remarkable scope and scholarship. Dr. Murray has devised a valid new way to measure and predict greatness in the game of football." A - Steve Sabol - President of NFL FILMS"John has done a brilliant job demonstrating the importance of mental toughness and intelligent play in professional football! A This is a masterpiece and I am very excited." -Doug Blevins, Longtime Kicking Coach for various NFL teams, and NFL Europe Kicking Coordinator for 5 seasons"Teams that play with collective intelligence consistently win championships." A Dr. John F Murray's book helps us finally understand how and why teams play smarter. Read this book and carve out new space in your life for lasting success!" - Nick Lowery, New England Patriots, Kansas City Chiefs & New York Jets Placekicker (1978-1996)"Everyone is gifted, but not everyone opens the package. Open this package and you will understand the secret advantage that helped keep me

in the NFL for 12 years!" - Jim "Crash" Jensen, Miami Dolphins All Purpose Player (1981-1992)"Dr. John F. Murray is trailblazing a new frontier in understanding and appreciating football and helping teams win! This is a must read for coaches, reporters and anyone who loves the sport. - Jim Martz, Miami Herald sports writer (1970-1990), Editor of Cane Sport (University of Miami fan magazine), Author of 4 football books

Just got done with the book and I finished it much quicker than I expected. Once I started reading I was hooked. I couldn't put the book down, I wish it wouldn't have ended. Dr. Murray goes in depth on each Super Bowl and you get to read about the game of football as you have never read before. I would suggest this book to any football fan out there, especially if your team ever played in any of the Super Bowls before!

They say football is a game of inches. Who knew, that Dr. John Murray could take the 6 inches inbetween past Superbowl participants ears, and show us the mental differences between the winners and second place. An awesome book! The insights from the book will help you apply to any sport at any level. Great job and I am wide open downfield for more of your incredible research and analysis.

As a former Manager of Player Development for the US Tennis Association, a Pro Tour Coach and Consultant, and Division 1 NCAA College Coach in tennis, my relationship with John goes back decades. I've been so lucky and blessed through the sport of tennis to have met many great minds in sport psychology and top coaches and so on, but it is rare to meet a man who can change a person's life through simple, easy to understand ideas that can transform not just a player's performance, but a person's life when it comes to competition. John is one of the great minds in the field of Sports Psychology that the sport of tennis has benefitted from on an individual basis with top pro players and people looking to free the mind of stress, outside the court factors that generate fear, anxiety, and nerves, and those looking to take their game to the next level with mental performance enhancement. In this book he illustrates how various teams in Super Bowl history and NFL history have succeeded by staying focused in the moment, how teams can operate collectively, as a unit together, and why others have not enjoyed such success. While I am more educated about the game of football after having read this book, I am ultimately more inspired to encourage my students to stay present while on the court after this read. John outlines many of the mental tools that players and coaches have used in key moments to be at their most maximum fully focused

selves and teams when it matters most. By reading this book, the reader can become aware that by using tools and principles, a player and a team can achieve poise and a new, higher level of concentration than ever. This book should be required reading for any football coach, and can serve as a great guide for players, coaches, and parents of all sports on peak performance. To give you some perspective on John's level of brilliance in this field, I along with many others, have consulted him and used his teachings in my coaching, whether it be for pro players on the tour, beginners, adults, and high performance junior players seeking out a college scholarship. I even used many of his principles to influence my book, *Building a Champion*, available on [DanMcCain.com](http://DanMcCain.com).

Dear Doc Murray  
Excellent Book, Excellent insight into the heart of the game. But the mental game is the key to all sports (and more), not just football. I know football is your passion but your beginnings are in tennis. Is there going to be an MPI for tennis, or for that matter, basketball, golf or baseball? After watching a March Madness full of upsets, one has to wonder how many of those upsets were physical ability/preparedness driven and how many were mental ability/preparedness driven! I want the forward of the next one to be written by Noah! A Gator hoopster from the tennis world! He can do the basketball and tennis editions! Choking and mentally induced underperformance has been around forever. I'm sure neolithic tribes went hungry when their star spear thrower missed the big one. It's been talked about since the stone age, but now it's quantified and documented! Great Job Doc

Like Super Bowls? Which was the best played? Which was the worst? See if you can rank at least the top five best winning teams. In this book, Dr. John F. Murray ranks the best 32 and tells you why. He gives you punchy narratives of all 45 games as well as Dr. John's brief "lessons" after his play by play description of each game. Learn from lessons such as "Out of the muck appears a blue lotus," and "Are you beginning to see a trend here?" This a colorful read replete with sports psychology, scientific analyses and personal history. Throw in Tom Flores' Forward, Leslie Visser's Epilogue, and endorsements by coaches like Don Shula and players like Jim "Crash" Jensen of the Miami Dolphins. Veteran NFL kicking coach Doug Blevins sees this book as "required reading at every level of the game." Pick it up. You won't want to put it down.

Wow! The author has dissected and analyzed America's favorite sporting diversion in a very unique way! Football fanatics will enjoy the flashbacks to all the memorable superbows of the past! I enjoyed the insights Dr. Murray provided about professional football, since they pertain to life

performance in general. Although I did not understand all the science, its pretty obvious that Dr. Murray is a true master of his craft. I look forward to applying the motivational concepts discussed in this book to my business life! Well done, Dr. Murray!

This is an extremely interesting analysis of how the mental side of football (or any sport for that matter) can separate two groups of physically very talented individuals into the victorious and the second-best. Dr. John's book details how to look at this issue and then completes the analysis, explaining the outcomes for all the superbows and showing a way to rank teams which didn't compete against each in a way that is more interesting than the traditional statistics we've always looked at.

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