



Mind Gym: Exercises, Inspirational Sports Quotes, and Motivational Stories from Underdog Athletes 2 in 1 (Paperback)

By Vance Avery

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The complete bundle of 3 books. There is no better deal than this! Book 1: Athletes have a certain mindset. Successful athletes have become who they are because of what happens in their brains. With the right perseverance, ego (or lack of it), ability to adapt, or quickness and eagerness to learn, you can speed up the results of your performance and find more fulfillment in the process. In this book, you ll learn, among others: The difference between a professional sports player and an ace athlete. Ways to interact with coaches, trainers, and mentors. Reaching your true potential by conditioning your brain to achieve success. Overcoming weakness and ego by embracing the entire sport and its history. Which general workouts work best and how to keep training when things get tough. What a false champion is and how to avoid becoming one by not having improper motivational thoughts. Physical tips to keep you healthy while improving your muscle percentage and getting in shape. Secret ways to honing sports skills. Book 2: Let s get practical and discuss some of the..



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