



Mind Gym: 2 in 1 Powerful Ways to Boost Your Sports Motivation and Performance (Paperback)

By Vance Avery

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A bundle of 2 books in 1 that will help you acquire the mind of a true athlete! 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...

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