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THINK LIKE AN ATHLETE: 57 WAYS TO ACHIEVE YOUR LIFE GOALS



Hardie Grant Books. Hardback. Book Condition: new. BRAND NEW, Think Like an Athlete: 57 Ways to Achieve Your Life Goals, David Nicholson, Being an elite athlete requires you to plan, train and perform - methods which are required to be successful in almost any arena of life. Think Like An Athlete teaches people from all ages, stages and professions to train their minds effectively to achieve their goals, whether it's sticking to a fitness regime, getting a promotion or even..

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- Authored by David Nicholson
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