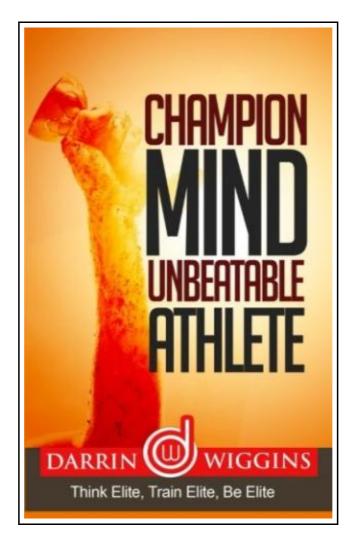
Champion Mind Unbeatable Athlete: Think Elite, Train Elite, Be Elite



Filesize: 5.65 MB

Reviews

This ebook will be worth acquiring. It is actually writter in basic phrases instead of hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book. (Trystan Yundt)

CHAMPION MIND UNBEATABLE ATHLETE: THINK ELITE, TRAIN ELITE, BE ELITE



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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Champion Mind Unbeatable AthleteSo what separates the champions from the rest of the pack? Why do some underdog athletes topple the best in their sport almost daily? Is there a secret training method some of us don t know about it? There is only one tool that creates a champion truly and that is your mindset. You either choose to do what it takes physically and mentally every day to be a champion or you don t. Stop focusing on what others are doing and take a look at what you are not doing.Discover How To Become EliteThis book is not full of complicated mental exercises or loaded with extravagant case studies. There is no need for all that if you haven t even mentally decided that you want to be a champion. Without that internal drive to wake up and do what it takes day in and day out regardless of how tough it may seem, you will not succeed. No matter how much raw athletic ability or God given talent you may seem to have, you can still have your butt handed to you by someone less superior any day of the week if they have a stronger desire to win.What you will discover inside are the tried and tested methods that champions have used forever. Do not get distracted by fancy talk and the latest technology. These champions did not have access to a tenth of what an athlete does today and yet their records still stand in many sports. An athlete s goals always seem to be focused on physical performance but what is discussed inside is improving mental performance. Mental training is becoming as important as...



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