



Mind Gym: An Athlete's Guide to Inner Excellence

By Gary Mack, David Casstevens

McGraw-Hill Education on Brilliance Audio, 2014. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Drawing on his work with some of the top teams in professional sports, noted sport psychology consultant Gary Mack shares with you the same techniques and exercises he uses to help elite athletes build mental muscle. These 40 accessible lessons and inspirational anecdotes will help you gain the head edge over the competition.



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