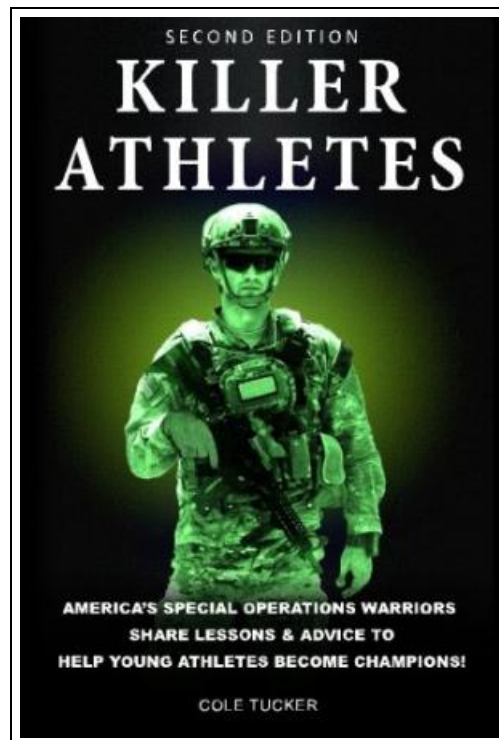


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 NOTE: This book is also now released under the title MAKING CHAMPIONS! Navy SEALs, Army Rangers, Air Force Pararescuemen and members of other Special Operations Forces are renowned for their mental and physical toughness. These qualities are also essential for high achievement in the world of competitive sports. Written primarily for young athletes at the youth and high school levels, this book shares actionable advice that can be used by those that are striving for excellence. The first section of the book introduces readers to Special Operators and why athletes should adopt their habits and mindset. Topics covered include; The Warrior Code America s Special Operators 10 Special Operator Traits Habits The Invincible Mindset Two Types of Friction Found in War Sports (And how to neutralize them!) The Killer Athletes The next section contains training concepts, philosophies, techniques and advice shared by former special operators. Please note that this book does not contain specific workout routines, but instead focuses on introducing young readers to some of the fundamental concepts of sports nutrition, strength training, practice methodologies and other issues associated with high-level physical training. Topics covered include; Nutrition (How to fuel a high-performance body!) Physical Training (Fundamental knowledge used by Warrior Athletes ) Heart Rate (Why special operators focus on this) Rest and Recovery (The importance of Active and Passive Rest) Deliberate Practice and the 10,000 Hour Rule Dealing with Distractions (How to Focus on the Mission ) Coping with Injuries (How mental techniques can speed healing) The final section is focused on the mental toughness, self-confidence and resilience that enables these warriors to succeed in incredibly stressful and dangerous situations. Topics covered include; Mental Toughness (How athletes can develop it)...

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