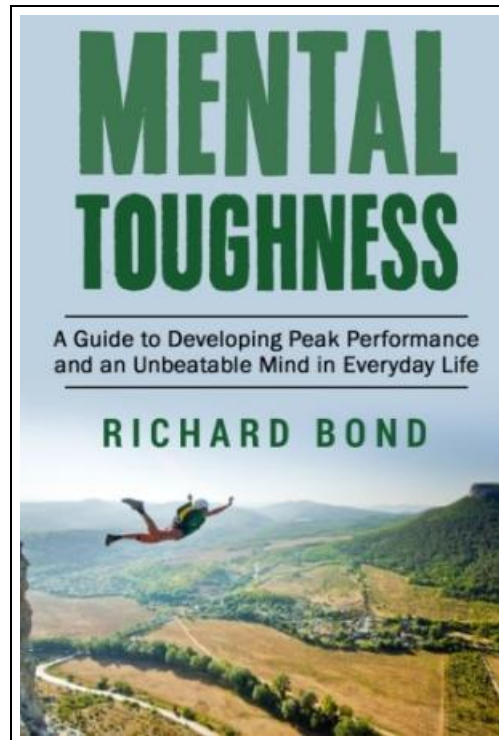


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Mental Toughness - A Guide to Developing Peak Performance and an Unbeatable Mind in Everyday Life The concepts of Mental Toughness are simple to understand and with the right mind set, are easy to implement. Richard Bond s aim is for you to take the understanding you gain from this book and to train your mind just like you would in any other discipline. Knowledge on its own is not enough, you need to practice. For example, you might know how to perform a Bench Press, but that alone won t allow you to bench 500lbs. You need to train, rest, grow and adapt over time to get to that level. The benefits of Mental Toughness are not restricted to war or sport. They can be utilized in everyday life - Doctors, Fireman, Nurses, Business Managers, or 9 to 5 office workers are all tested on a daily basis, and this book will show you how to develop an Unbeatable Mind. Here s a Preview of what s inside What Is Mental Toughness and Can You Have It?Who Can Benefit From Mental Toughness?Find Your Desire - Learn How to Find a Purpose and Strengthen Your MindRemove the Negative Thoughts from Your Mind and Build Self-beliefChange Your State Of Mind and Build Your Mental StrengthHow Can You Manage Stress?Developing Your Discipline with These Simple MethodsDetermination Is a Powerful Tool to Build Your Mental Toughnessand much more! Download your copy today to receive all of this information. Just Scroll to the top of the page and select the Buy Button Tags: Mental Toughness, Mental Toughness For Sport, Mental Toughness Training, Mental Toughness Secrets, Mental Toughness Navy Seal, Discipline, Determination, Mental Toughness, Mental...

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