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Mind Gym is a  
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Mack and David  
Casstevens that  
will teach you a lot  
about the struggles  
of athletes and the  
hidden things in  
sports but also will

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teach you a lot about life and how to succeed. They talk mainly about mental toughness and just how to keep a good mind set.

Mind Gym: An Athlete's Guide to Inner Excellence by Gary Mack

In Mind Gym, noted

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Sports psychology consultant Gary Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so. Through forty accessible lessons and inspirational anecdotes from

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MicroSummary:  
"Mind Gym: An Athlete's Guide to



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advice, which try to teach you how to make your goals SMART and why your mental toughness depends on 7 C's.

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athletes--many of whom he has worked with--you will learn the same techniques and exercises Mack uses to help elite athletes build mental "muscle."

Mind Gym : An Athlete's Guide to Inner Excellence: Mack ...

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In *Mind Gym*, noted sports psychology consultant Gary Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so. Through forty accessible lessons and inspirational

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Mind Gym: An  
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to help elite  
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course: the space  
between your ears.  
—BOBBY JONES”.

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enough. With few  
exceptions the best  
players are the  
hardest workers.

—MAGIC  
JOHNSON”.

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mind play in physical performance and athletic excellence. These blinks draw on the Mack's work with professional athletes to provide you with the tools you need to acquire a top-performing state of mind.

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important lessons to teach, and you'll find the exercises fun and beneficial."

--Jason Kidd, NBA All-Star and Olympic gold-medal winner In Mind Gym, noted sports psychology consultant Gary Mack explains how your mind influences your



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performance on the field or on the court as much as your physical skill does, if not more so. Through forty accessible lessons and inspirational anecdotes from prominent athletes--many of whom he has worked with--you will learn the same

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accessible lessons  
and inspirational  
anecdotes will help

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motivated, and  
follow their  
dreams.

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just as important  
as physical training  
when it comes to  
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toughness is  
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preaches, are not  
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made. Reaching  
the top of any  
sport, or any  
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of dedication and proper preparation. But if there's a huge pool of individuals who have undertaken the same commitment and steps towards becoming the best, what truly separates the winners from everyone else?

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Joanna Zeiger  
believes proper  
mental preparation  
is the answer. The  
Champion Mindset  
is a much-needed  
and long overdue  
look into how to  
program a  
competitor's mind  
to achieve optimal  
success. Changing  
behaviors and  
ways of thinking

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are never easy, but the chapters in this book aim to simplify this process to make it manageable and achievable. This book is for every athlete—from the weekend warrior, who wants to complete in his or her first 5k running race, to those who

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have aspirations of one day becoming Olympians and world champions.

The Champion Mindset is a compendium of Zeiger's own personal journey from struggling novice swimmer to Olympian and World Champion.

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most elite  
performers, certain

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Sports participation—from the recreational to the collegiate

Division I level—is at an all-time high. While the caliber of their games may differ, athletes at every level have one thing in common: the desire to excel. In

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perfecting your physical ability. However this is only part of the template required to win - the other half is about mind games. Throughout her career as one of the world's top athletes, Annie Vernon struggled with existential questions about

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the purpose of sport in our comfortable, first-world society: Why do we do it? What is it in our psyche that makes us push ourselves to the limit? What allows us to mentally overcome the physical pain? Now retired from competition,

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Olympic silver medallist and world champion rower Annie Vernon has decided to look for answers to these questions. Drawing on her personal experiences and interviews with some of the best coaches, athletes and psychologists from across the

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world of sport – including Lucy Gossage, Katherine Grainger, Matthew Pinsent, Brian Moore, Brian Ching and Dr Steve Peters – Annie discovers the secrets of how athletes train their brains in order to become world beaters. Annie



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debunks the myth that elite performers are universally cool, calm and brimming with self-assurance. Through exploring the bits on the inside that nobody can see, Annie instead creates a new understanding of what it takes to be

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The first research-based program to offer concise, clear ways to realize your best

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he's discovered about reaching the state in which thoughts and actions are occurring in complete synchronicity, and how this state is accessible to all, not just the few. In ten key lessons illustrated by personal anecdotes

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from his clients'  
Lardon teaches  
readers how to  
access the zone  
not only in sports  
but in all aspects of  
their lives, by  
understanding how  
to: - Transform  
desire into will -  
Channel emotions  
to victory - Trust  
instincts and keep  
it simple - Conquer

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acceptance –  
Perform under  
pressure

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control all the time  
and that's when  
bad things happen;  
you get crazy  
nervous before a  
race, you choke  
under pressure,  
you quit when the  
going gets tough,  
you make dumb  
mistakes, you  
worry about how  
you look. What if  
you could stop the



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Athlete is packed  
with practical,  
evidence-based  
solutions to the  
most common

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mental challenges  
athletes face.

Which of these  
sound like you? ·

Why do I have  
thoughts and  
feelings I don't  
want? · I wish I felt  
more like an  
athlete. · I don't  
think I can. · I don't  
achieve my goals. ·  
Other athletes  
seem tougher,

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happier, and more badass than me. · I feel fat. · I don't cope well with injury. · People are worried about how much I exercise. · I don't like leaving my comfort zone. · When the going gets tough, the tough leave me behind. · I need to harden the f\*ck up.

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