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The Champion's Mind: How Great Athletes Think, Train, and Thrive

By Afremow, Jim

Rodale Books, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "The Champion's Mind is loaded with great lessons, advice, and perspectives on how to be successful. The skills and strategies that Jim provides here are essential in carving a path to success, no matter what field you are in or what your goals are. I can honestly say that I have lived by many of the strategies offered in this book and I can also say I wish I had lived by more of them. But it's never too late to be as good as you can be!" Dan Jansen, Olympic gold medalist, speed skating "I learned early on in my professional baseball career that players at the elite level are generally pretty similar from the perspective of physical aptitude. Yet, what tends to differentiate the all-stars from the rest of the pack resides between the ears. Jim Afremow does a great job of exploring this subject in The Champion's Mind. This is a great book for coaches and athletes of all ages who are looking to improve performance at any level, in any sport." Shawn Green, two-time MLB All-Star "The Champion's...



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It becomes an amazing book which i actually have at any time study. It is actually loaded with wisdom and knowledge You wont sense monotony at at any time of your respective time (that's what catalogues are for regarding should you request me).

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