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Vance Avery

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1 of 1 people found the following review helpful. Great read!By PrincepsWhen I saw the title of this book, I found it interesting. This book will guide you to become an expert athlete in mind body and spirit.This is an inspiring read. It teaches how to set great standards and achieve in life. It has lots of tips to become an ace athletes. It has detailed information on how athletes should maintain discipline in life, etc. For me this was an educational read about training and thinking like an ace athlete. I got many insights and it was a good read.1 of 1 people found the following review helpful. excellentBy JADEN BARRExcellent book! If you want to read an inspiring book on the power of the mind in sports, then this book is for you. It is not too packed with information, but it underlines many of the important points in mental coaching. Great stories and examples make it an uplifting read. The only thing missing was a step-by-step instruction guide to mind management - practice makes perfect. Really worth recommending!1 of 1 people found the following review helpful. Packed Full of Insight and Different Perspectives to Fit Anyone's PersonalityBy Rita LarsonGood guide for athletes. You don't have to go all out and spend a lot of money. This book will give you some insight on good workouts that you can do without a lot of equipment or group motivation. You can self stimulate your goals and keep focused on the kind of mindset that serious athletes and competitors use in order to become champions This book is packed full of stories and gives you a lot of different perspectives on how to reach your fitness goals. Over all this is a good read for both beginners and intermediate athletes.

Read about the attitude, the mindset, and the psychology behind success in sports! Athletes have a certain mindset. Successful athletes have become who they are because of what happens in their brains. With the right perseverance, ego (or lack of it), ability to adapt, or quickness and eagerness to learn, you can speed up the results of your performance and find more fulfilment in the process. In this book, yoursquo;ll learn, among others: The difference between a professional sports player and an ace athlete. Ways to interact with coaches, trainers, and mentors. Reaching your true potential by conditioning your brain to achieve success. Overcoming weakness and ego by embracing the entire sport and its history. Which general workouts work best and how to keep training when things get tough. What a ldquo;false championrdquo; is and how to avoid becoming one by not having ldquo;improperrdquo; motivational thoughts. Physical tips to keep you healthy while improving your muscle percentage and getting in shape. Secret ways

to honing sports skills. Are you curious about the rest of the information and the other motivating thoughts mentioned in this book? Then click the "Buy with 1 click" button and get it for a low price now!

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