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Psychological Skills Training and Performance Anxiety ... -

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Mind Gym: An Athlete's Guide to Inner Excellence - Goodreads -

Tue, 17 Jul 2018 08:27:00 GMT - Mind Gym is about and athlete's guide to success and excellence. It is a very helpful book for athlete's who cannot get over the hump and become great through the mental side of the game. The message that jumped out of the book at me was the fact that how much of the game is mental.

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