



WOD Motivation: Quotes, Inspiration, Affirmations, and Wisdom to Stay Mentally Tough

By Eleanor Brown

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, WOD Motivation: Quotes, Inspiration, Affirmations, and Wisdom to Stay Mentally Tough, Eleanor Brown, WOD inspiration from CrossFit Journal contributor and New York Times bestselling author Eleanor Brown! You know WODs are tough--on your body and on your mind. You know that when your legs are shaking and you can barely breathe, it takes more than physical strength to make it all the way to--and through--the final rep. WOD Motivation is here to help you build the mental toughness you need to finish every workout with pride. You can use the motivational quotes and affirmations in this book to face your WOD with discipline and determination, and to boost your mental strength when you need it most. Whether you're blasting through burpees or knocking out deadlifts, WOD Motivation supports you as you power through to your new personal best.



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