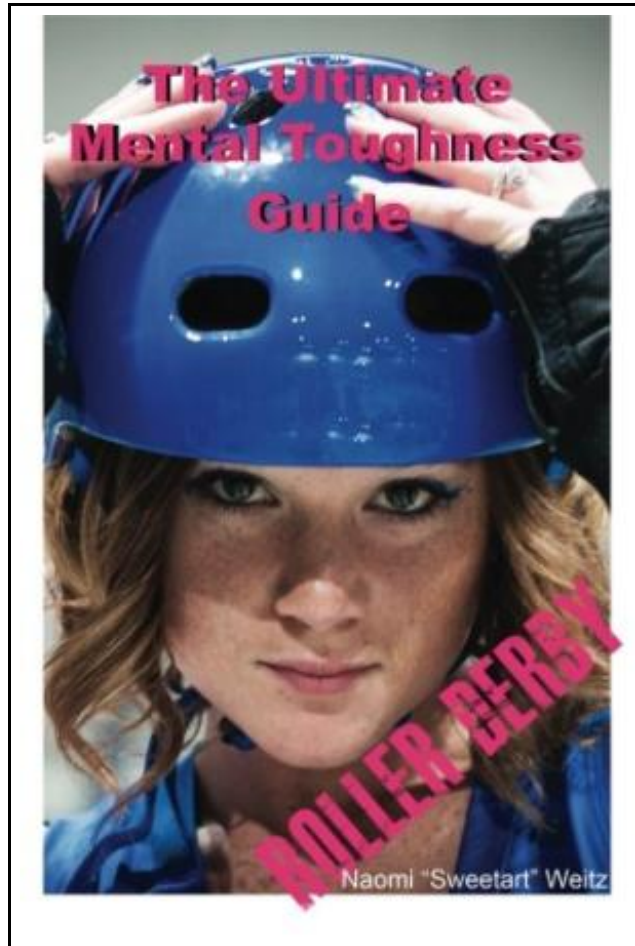


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***(Lorena White)***

## THE ULTIMATE MENTAL TOUGHNESS GUIDE: ROLLER DERBY



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Naomi Weitz, United States, 2014. Paperback. Book Condition: New. Skyler Weitz (illustrator). 226 x 154 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book will help you to achieve your full potential in roller derby and in life! Mental toughness training uses psychological principles to improve an athlete s performance. An athlete s performance is at least 60 psychological. Some experts say mental toughness skills factor in even more! The Mental Toughness Guide: Roller Derby contains both theory and hands-on activities so you can begin to apply these skills right away. Some of the mental toughness skills you will learn are energy management, self-awareness, using imagery, sportsmanship, distraction control, negative thought-stopping, goal setting, relaxation training, and character development. This book will help you to maximize motivation, return after an injury, defeat self-doubts, create confidence, decrease anxiety, increase focus, prevent burnout, and lots more!.



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