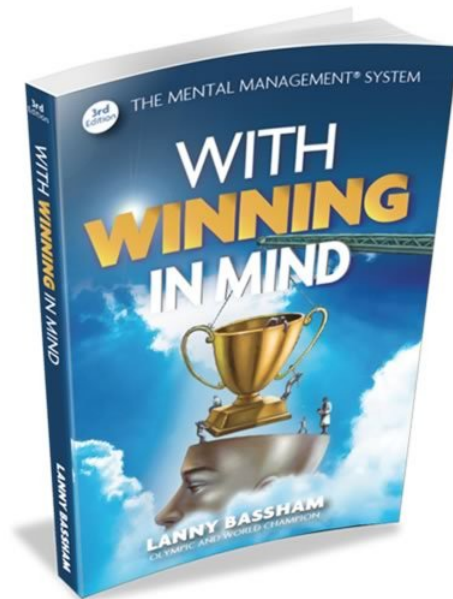


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Be wary of the people no one wants on their team, the ones who are too small, too slow and not very capable. The unwanted have a built-in motivation to do whatever it takes to succeed that those who are picked first do not have. This is a story of such a person and what he did to find his place at the top of the world in his sport. I'm that person and this book is an introduction to what I've learned. I believe there is a mental system that when used will speed up the process of getting to the winner's circle. I am well aware that there are many fine self-improvement books available. Psychologists, motivational speakers, religious leaders and business professionals write them. A competitor writes this one. The Mental Management(R) System is not based on psychology, instead it is 100% based on competition. I did my apprenticeship in the arena of Olympic pressure. My credibility is not based on the courses I took in college; it's in my gold medals and the medals of my students. It's not theory; it's simply what works. My goal in this book is to share with you the mental techniques that I have discovered and used to win.

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