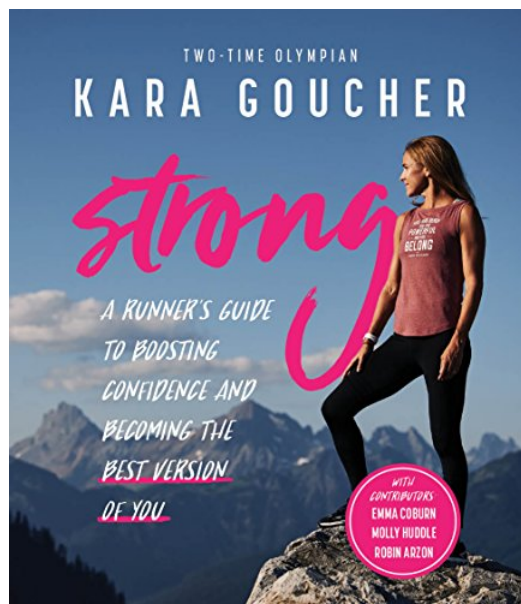


R3moR [Download] Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You



CONTINUE ►

"Equal parts inspiration and tactical advice that you can put into place immediately, Strong is the ultimate guide to dreaming big and reaching your goals--whether that's qualifying for the Boston Marathon or scoring the big promotion at work. I've admired Kara's luminous energy, grace, grit and many running accomplishments from afar for many years. Coach and author are natural roles for her: There is no better person to encourage you to power onwards and upwards with confidence." -- Liz Plosser Editor-in-Chief, Women's Health Running is a head game. There are two options: Let your mind wander, or focus. To compete, you must focus. Kara Goucher shares her secrets to conquering self-doubt and improving running performance using tools from the field of sport psychology. Strong includes tips, techniques, and real-life experiences from Olympians Emma Coburn and Molly Huddle, and New York Times best- selling author Robin Arzn. Strong also offers perspectives from two experts in the field of sport psychology, including Kara's own sport psychologist, Dr. Stephen Walker. THIS COMPREHENSIVE GUIDE TO DEVELOPING CONFIDENCE INCLUDES: Kara's stories, experiences, and glimpses inside her personal confidence journal. Insights from inspiring women in the field of running. Guided activities to incorporate eight confidence techniques into your own training, including: Positive Self Talk, Mantra, Setting Goals, Enclothed Cognition, Power Pose, Visualization Techniques, Power Words, and Social Connections. Tools to starting your own Kara-style confidence journal, with over 25 prompts to get you started. "Mental conditioning is an important part of an athlete's training regimen. Winning and losing are more a matter of mental preparation and toughness." -- Dr. Stephen Walker, Kara's Sport Psychologist

"Equal parts inspiration and tactical advice that you can put into place immediately, Strong is the ultimate guide to dreaming big and reaching your goals--whether that's qualifying for the Boston Marathon or scoring the big promotion at work. I've admired Kara's luminous energy, grace, grit and many running accomplishments from afar for many years. Coach and author are natural roles for her: There is no better person to encourage you to power onwards and upwards with confidence." -- Liz Plosser Editor-in-Chief, Women's Health Running is a head game. There are two options: Let your mind wander, or focus. To compete, you must focus. Kara Goucher shares her secrets to conquering self-doubt and improving running performance using tools from the field of sport psychology. Strong includes tips, techniques, and real-life experiences from Olympians Emma Coburn and Molly Huddle, and New York Times best- selling author Robin Arzn. Strong also offers perspectives from two experts in the field of sport psychology, including Kara's own sport psychologist, Dr. Stephen Walker. THIS COMPREHENSIVE GUIDE TO DEVELOPING CONFIDENCE INCLUDES: Kara's stories, experiences, and glimpses inside her personal confidence journal. Insights from inspiring women in the field of running. Guided activities to incorporate eight confidence techniques into your own training, including: Positive Self Talk, Mantra, Setting Goals, Enclothed Cognition, Power Pose, Visualization Techniques, Power Words, and Social Connections. Tools to starting your own Kara-style confidence journal, with over 25 prompts to get you started. "Mental conditioning is an important part of an athlete's training regimen. Winning and losing are more a matter of mental preparation and toughness." -- Dr. Stephen Walker, Kara's Sport Psychologist

Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You pdf free

Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You epub download

Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You online

Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You epub download

Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You epub vk

Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You pdf download

Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You read online

Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You epub
Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You vk
Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You pdf
Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You amazon
Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You free download pdf
Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You mobi
Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You PDF - KINDLE - EPUB - MOBI
Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You download ebook PDF EPUB, book in english language
[download] Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You in format PDF
Strong: A Runner's Guide to Boosting Confidence and Becoming the Best Version of You download free of book in format