

# Lm4uw [Free PDF File] How Bad Do You Want It?: Mastering the Psychology of Mind over Muscle



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The greatest athletic performances spring from the mind, not the body. Elite athletes have known this for decades, and now science is learning why it's true. In his fascinating new book, *How Bad Do You Want It?*, coach Matt Fitzgerald examines more than a dozen pivotal races to discover the surprising ways elite athletes strengthen their mental toughness. Fitzgerald puts you into the pulse-pounding action of more than a dozen epic races from running, cycling, triathlon, XTERRA, and rowing with thrilling race reports and revealing postrace interviews with the elites. Their own words reinforce what the research has found: Strong mental fitness lets us approach our true physical limits, giving us an edge over physically stronger competitors. Each chapter explores the how and why of an elite athlete's transformative moment, revealing powerful new psychobiological principles you can practice to flex your own mental fitness. The new psychobiological model of endurance performance shows that the most important question in endurance sports is: How bad do you want it? Fitzgerald's fascinating book will forever change how you answer this question and show you how to master the psychology of mind over muscle. These lessons will help you push back your limits and uncover your full potential. The greatest athletic performances spring from the mind, not the body. Elite athletes have

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