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COMPETE MENTALLY TOUGH! WinningSTATE-Softball focuses on competing. It shows players how to take their mental game to a winning level. WinningSTATE improves tournament performance by giving players the mental-toughness skills to eliminate distractions and crush apprehension, so they can execute in competition as well or better than they do in practice. WinningSTATE is for all ages and abilities. It's for players who consistently want to bring their "A-Game" to the competitive arena. WinningSTATE inspires players to face the pressure head on, believe in their abilities, and execute with conviction. Players get the skills to handle the nerves, fiercely compete, and win! Your mind is your most powerful weapon. Train it! WinningSTATE-Softball: The Athlete's Guide to Competing Mentally Tough

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