



The Ultimate Mental Toughness Guide: Roller Derby

By Naomi Sweetart Weitz

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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Reviews

Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

-- **Audra Klocko PhD**

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Germaine Welch**