

***The Art Of Mental Training A Guide To Performance Excellence
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The Art of Mental Training teaches the critical essentials while interwoven with stories from Dan's fascinating background as an Aviator in the Navy, a Federal Agent, Military Cyber-Security Specialist, Brazilian Jiu-Jitsu Black Belt and a Peak Performance Coach. Dan creates a powerful teaching connection between his adrenaline-filled life ...

The Art of Mental Training: A Guide to Performance ...

DC Gonzalez is one of the world's leading peak performance/mental training experts and this quick-reading manifest on the art of mental training is fantastic. In the Note, we'll take a quick look at why mental training is so important, the critical three (breathing + relaxation + imagineering) and the most important lesson of all.

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