



HANDBOOK OF WINNING A Catholic Athletes Competitive Advantage #1 Excellence Practices Inspired by Pope John Paul II's Theology of the Body

By Thomas DeAngelis

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 160 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Consistent winning in any sport requires relentless desire for rapid improvements in individuals and teams. Catholic theology, and especially Pope John Paul II's Theology of the Body, powers this Handbook of Winning. With it, Catholic athletes discover inner practices of prayer, thirsting desire and self-sacrifice so powerful they create a clear competitive advantage. Focusing desire, relentlessly improving performance, investing 100 in faith, and refining purity of heart are just a few of the many keys that unlock that pure power within. These key practices lead any Catholic athlete through three simple stages of self-mastery toward perfectly spontaneous performance. At that stage, an athlete finds precisely the right response to every challenge an opponent brings. The Handbook of Winning challenges coaches and athletes to pursue inner perfection to outer victory. For those who accept the challenge, these year-round practices promise life-changing athletic experiences. This item ships from La Vergne, TN. Paperback.



READ ONLINE
[4.39 MB]

Reviews

A fresh e-book with a brand new perspective. This is certainly for anyone who statte that there had not been a really worth reading. I am just happy to explain how this is the very best publication i have go through in my individual lifestyle and may be he best pdf for ever.

-- **Margarett Roob**

The very best publication i possibly study. This is certainly for anyone who statte there was not a worth looking at. I am just very happy to tell you that this is basically the best pdf i actually have study inside my individual life and could be he very best pdf for possibly.

-- **Darlene Blick**