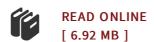




The Ultimate Mental Toughness Guide: Roller Derby

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, selfawareness, 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!.



Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- Andres Bashirian

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

-- Lacy Goldner

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Mark Smith (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. A #1 Best Selling Children s Book Is Now A Coloring Book! Parents and...



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