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Book description: Praise for Mind Gym "Believing in yourself is paramount to success for any athlete. Gary's lessons and David's writing provide examples of the importance of the mental game." Ben Crenshaw

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6 Lessons from MInd Gym by Gary Mack on runladylike com

Mind Gym is a book full of powerful reminders of how we can all become better athletes by training our brains. Here are 6 takeaways from the book.

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Mind Gym An Athlete's Guide to Inner Excellence Gary

"I love the book Mind Gym." -- Madison Kocian , 2016 U.S. Women's Gymnastics Team, 2015 Uneven Bars World Champion, as told to Us Weekly In Mind Gym , noted sports psychology consultant Gary

Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so.

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Mind Gym An Athlete's Guide to Inner Excellence Audio

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Mind Gym: An Athletes's Guide to Inner Excellence is a book that I would strongly recommend to anyone that has ever had experience with competitive athletics or general knowledge of sports.

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Mind Gym An Athlete's Guide to Inner Excellence Edition

Mind Gym is written by Gary Mack but throughout the book many famous athletes give personal insight on what they have had go wrong and how they overcame it. Some of the athletes include Tiger Woods, Mark McGuire, Greg Maddux, Charles Barkley, and many many more.

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