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**Psychological Skills Training and Performance Anxiety ... -**

Thu, 19 Jul 2018 12:14:00 GMT - 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. This is a book that I think would be great for teachers and coaches to recommend to their high school athletes or students.

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Tue, 17 Jul 2018 08:27:00 GMT - Mind Gym is about and athlete's guide to success and excellence. It is a very helpful book for athlete's who cannot get over the hump and become great through the mental side of the game. The message that jumped out of the book at me was the fact that how much of the game is mental.

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