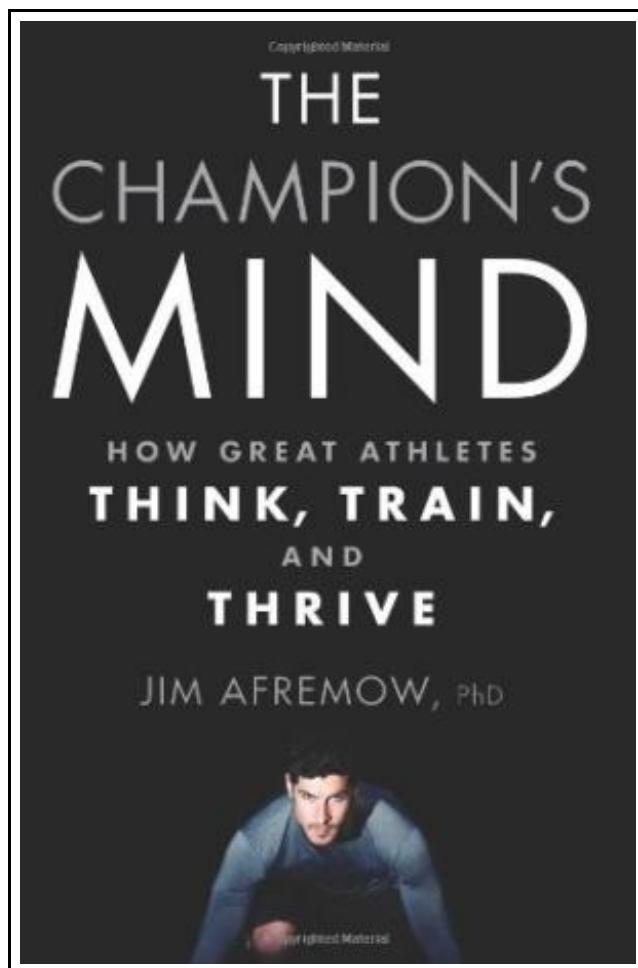


The Champion's Mind: How Great Athletes Think, Train, and Thrive



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Rodale Books, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: " The Champion's Mind is loaded with great lessons, advice, and perspectives on how to be successful. The skills and strategies that Jim provides here are essential in carving a path to success, no matter what field you are in or what your goals are. I can honestly say that I have lived by many of the strategies offered in this book and I can also say I wish I had lived by more of them. But it's never too late to be as good as you can be!" Dan Jansen, Olympic gold medalist, speed skating "I learned early on in my professional baseball career that players at the elite level are generally pretty similar from the perspective of physical aptitude. Yet, what tends to differentiate the all-stars from the rest of the pack resides between the ears. Jim Afremow does a great job of exploring this subject in The Champion's Mind . This is a great book for coaches and athletes of all ages who are looking to improve performance at any level, in any sport." Shawn Green, two-time MLB All-Star "The Champion's Mind reveals the mental skills and strategies Olympic champions use to perform their best when it matters most. Dr. Afremow's matchless book is a must for athletes and coaches." Shannon Miller, Olympic gold medalist, gymnastics" The Champion's Mind is a mental training book that will help you reach your potential in sports. I highly recommend this book to all athletes and coaches." Jackie Slater, NFL Hall of Famer "Dr. Afremow nails all the basics and gives readers an excellent window into how a champion's mind works before and during "the process" ." Randy Cross, three-time Super Bowl Champion "I read this...

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