



10 Secrets to Sporting Success: Professionals Reveal Their Mind Training Secrets

Katie Page

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Professionals reveal their mind training secrets. Follow this step-by-step guide to reach your true potential and to coach others to reach theirs. Using science and facts to explain each secret, Katie and Helen walk you through exercises that will change your performance and perspective forever. Each secret is introduced by a professional who explains how important that aspect of mind training is to them. If you want to learn from the best and reach your true potential this is the book for you.

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