



## Sports Psychology for Athletes (5-In-1 Bundle): Think Like a Champion and Train Like a Warrior (Paperback)

By Epic Rios

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do You Want to Learn How to Think Like a Champion and Train Like a Warrior? Then this Sports Psychology (5 Book Bundle) will help you develop a Strong Mindset so that you can be relentless and push towards achieving your health and fitness goals! Sports Psychology includes the following books: (1) Mental Toughness (2) Intermittent Fasting (3) Bodybuilding (4) Strength Training (5) Body Weight Training The first book, Mental Toughness, will teach you how to use mental toughness in your everyday life but more importantly how to develop: (A) A warrior spirit so that you can deepen the connection you have with your spiritual self. (B) Mental clarity so that you can make decisions while you are under pressure and know that the decisions that you make are the right ones. (C) Intuition so that you can learn that trusting your gut is going to be the best bet, especially when under pressure. (D) Razor sharp concentration to ensure that you are staying focused on your goals. (E) Leadership authenticity which will make you a service oriented teammate as well as...



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