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MINDSET: AWARENESS IN SPORT (PAPERBACK)

MINDSET
A MENTAL GUIDE FOR SPORT



• COMPETE WITH CONFIDENCE
• LEARN HOW TO FOCUS
• HAVE MORE FUN

Jackie Reardon & Hans Dekkers

Mindset Publishers, 2016. Paperback. Condition: New. Third Revised ed.. Language: English . Brand New Book. Learn to deal with pressure and enjoy challenges This book teaches you how to deal with pressure and enjoy challenges. It guides you through the exact same exercises professional athletes, world-class performers and business leaders have done to perform at their very best when it matters most. You'll get all the practical tools to train how to stay relaxed and focused at the same...

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- Authored by Jackie Reardon, Hans Dekkers
- Released at 2016



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