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## THE ULTIMATE MENTAL TOUGHNESS GUIDE: ROLLER DERBY



Naomi Weitz, United States, 2014. Paperback. Book Condition: New. Skyler Weitz (illustrator). 226 x 154 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book will help you to achieve your full potential in roller derby and in life! Mental toughness training uses psychological principles to improve an athlete's performance. An athlete's performance is at least 60% psychological. Some experts say mental toughness skills factor in even more! The Mental Toughness Guide: Roller Derby contains...

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- Authored by Naomi Sweetart Weitz
- Released at 2014



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