



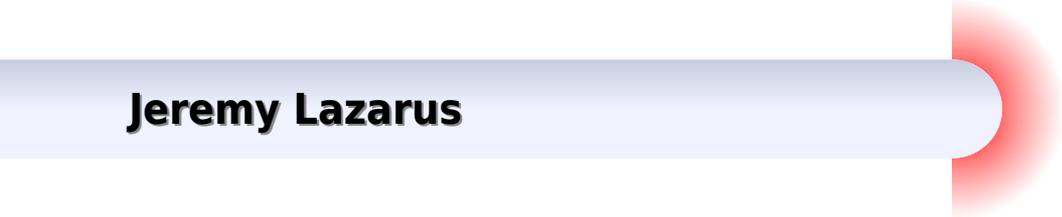
# MIND GYM

AN ATHLETE'S GUIDE  
TO INNER EXCELLENCE

GARY MACK WITH DAVID CASSTEVENS  
FOREWORD BY ALEX RODRIGUEZ

**Mind Gym An Athletes Guide To Inner Excellence**  
**Paperback**

**Jeremy Lazarus**



## **Mind Gym An Athletes Guide To Inner Excellence Paperback:**

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having a strong mind is as important as having strong muscles and more still have said that the majority of being a top level athlete and being great at a game is having a honed mind Your ability to perform not only in sports but in anything under the sun can be broken down and torn apart and once you ve broken them down into tiny little pieces like that you realize that a lot of it your ability to perform is actually in the way that you approach it Through confidence diligence and motivation you can go from a zero to hero with anything you can dream of What it ultimately comes down to is your willingness and your motivation The author attempts to make this blindingly obvious to the reader in a book which if the reader allows it will absolutely change not only their life but the way they approach it and will start them on the path towards all of their dreams and hopes and everything that they want to accomplish You ve got dreams isn t it time you did something about them Don t let yourself stagnate Start yourself on the journey towards something far grander than what you re doing right now and increase your confidence in yourself and your ability along the way Ultimately this book isn t a fix all It helps you make your own fix all by helping you think in a healthy way by helping you think like a winner thinks Grabbing a copy of Mind Gym The Ultimate Guide for Beginners is the first step in doing something much bigger with your life and yourself Paperbound  
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