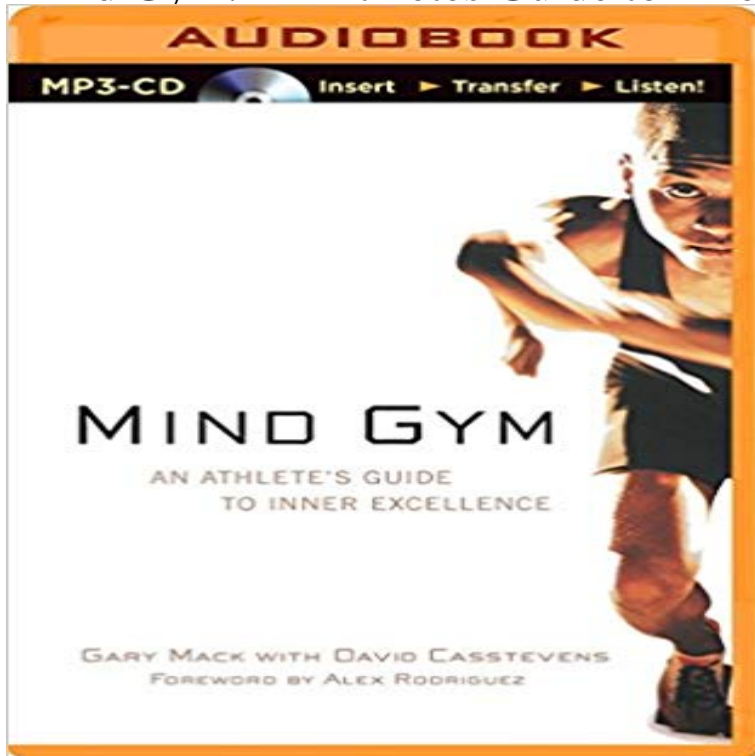


Mind Gym: An Athletes Guide to Inner Excellence



Drawing on his work with some of the top teams in professional sports, noted sport psychology consultant Gary Mack shares with you the same techniques and exercises he uses to help elite athletes build mental muscle. These 40 accessible lessons and inspirational anecdotes will help you gain the head edge over the competition.

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