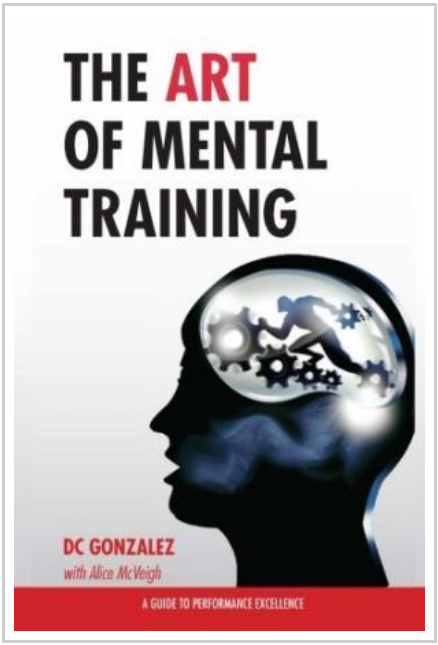


DOWNLOAD

The Art of Mental Training - A Guide to Performance Excellence (Classic Edition)

By DC Gonzalez

Gonzolane Media. Paperback. Book Condition: New. Paperback. 138 pages. Dimensions: 9.0in. x 6.0in. x 0.4in.Achieve the Warrior Mindset for Peak Performance. Reach new levels of success and mental toughness with this ultimate guide. Learn the Science of Success and prepare to excel. In this concise and highly acclaimed training guide, Peak Performance Coach DC Gonzalez teaches a blend of unique mental training technologies, sports psychology essentials, and peak performance methods that are effective and motivational. Get ready to increase your self-belief, self-confidence, and mental toughness using this powerful guide designed to help you reach new levels of success, sports performance and personal development. This book is powerful, in it Dan explains, teaches, and helps you develop the psychological skills required for peak performance, while pointing out the underlying mental training strategies that will help anyone reach higher levels of achievement and performance - not by random chance, but by focused choice. The Art of Mental Training teaches the critical essentials while interwoven with stories from Dans fascinating background as a Naval Aviator, Federal Agent, Military Cyber-Security Specialist, Brazilian Jiu-Jitsu Black Belt and Peak Performance Coach. Dan creates a powerful teaching connection between his adrenaline-filled life experiences and the mental skills...

READ ONLINE
[1.87 MB]

Reviews

The most effective publication i ever read through. I could possibly comprehended almost everything using this composed e pdf. I am very easily could get a enjoyment of reading through a composed pdf.

-- ***Opal Bauch V***

A fresh e book with a new viewpoint. It is among the most awesome ebook we have read through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- ***Prof. Christelle Stark III***