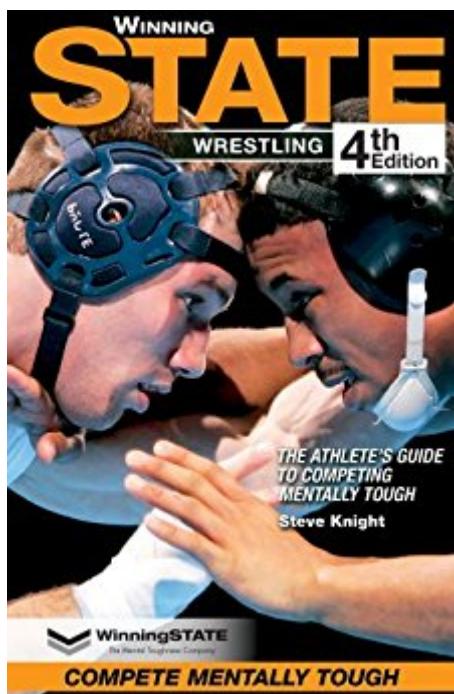


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# WinningSTATE-Wrestling: The Athlete's Guide To Competing Mentally Tough (4th Edition)



## **Synopsis**

COMPETE MENTALLY TOUGH!WinningSTATE-Wrestling focuses on competing. It shows wrestlers how to take their mental game to a winning level. WinningSTATE improves tournament performance by giving wrestlers the mental-toughness skills to eliminate distractions and crush apprehension, so they can execute in competition as well or better than they do in practice. WinningSTATE is for all ages and abilities. It's for wrestlers who consistently want to bring their "A-Game" to the competitive arena. WinningSTATE inspires wrestlers to face the pressure head on, believe in their abilities, and execute with conviction. Wrestlers get the skills to handle the nerves, fiercely compete, and win! Your mind is your most powerful weapon. Train it!WinningSTATE-Wrestling: The Athlete's Guide to Competing Mentally Tough

## **Book Information**

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## **Customer Reviews**

This book is great for parents and kids alike. A rare look into the toughest aspect of competition, I made this required reading for both my boys. The lessons in this book go far beyond just a wrestling mind set and provide a base for overall successful thinking and attitude. WinningState-wrestling

would benefit anyone who reads it.

This is a good book. There are specific elements that can be easily implemented with a wrestling team. I like the introduction regarding the topic of fear, nice guy, and big dog. This can be easily addressed with each wrestler. Finally, the topic of battle zones are important for wrestlers and how they prepare themselves.

Great concise book. My son loved it.

This book has not only helped my son but several of his teammates as well. The first four chapters are invaluable. It is a book that will help from the first time it is read and should be read and that beginning of every new season.

Son loved this book came at just the right time!!

It's helping my son become mentally stronger in his sport.

I originally purchased this book for my son who I felt needed a little encouragement with reaching his goals. I saw a great improvement in his confidence and are now sharing the book with the rest of my family.

Very useful and motivating to my sons. Written in an engaging, fun voice with unique memorable ways of introducing concepts.

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