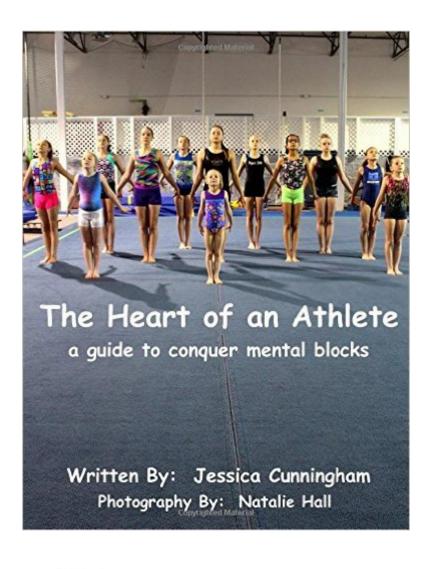
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The Heart Of An Athlete: A Guide To Conquer Mental Blocks





Synopsis

The Heart of an Athlete is an interactive, inspirational aid for athletes who struggle with mental blocks. Through 26 entries ranging from self-image, to determination, athletes will be able to achieve new heights and grow into the best version of themselves.

Book Information

Paperback: 138 pages Publisher: CreateSpace Independent Publishing Platform (June 5, 2016) Language: English ISBN-10: 1507511353 ISBN-13: 978-1507511350 Product Dimensions: 8.5 x 0.3 x 11 inches Shipping Weight: 14.9 ounces (View shipping rates and policies) Average Customer Review: 5.0 out of 5 stars Â See all reviews (1 customer review) Best Sellers Rank: #1,211,261 in Books (See Top 100 in Books) #197 in Books > Sports & Outdoors > Individual Sports > Gymnastics

Customer Reviews

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