



The Sports Mindset Gameplan: An Athlete's Guide to Building and Maintaining Confidence

Brian Baxter MA

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A perfect compliment to technical, tactical, and physical training, The Sports Mindset Gamelan will help you fine-tune the mental game to improve confidence and performance. You will learn more than just the sport psychology techniques used by elite athletes - with thought provoking focus questions and power play actions steps, you will learn more about yourself and just how mentally tough and confident you can be.

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