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Mind Gym is a fictional book written by Gary Mack and David Casstevens that will teach you a lot about the struggles of athletes and the hidden things in sports but also will teach you a lot about life and how to succeed. They talk mainly about mental toughness and just how to keep a good mind set.

Mind Gym: An Athlete's Guide to Inner Excellence by Gary Mack

MicroSummary: "Mind Gym: An Athlete's Guide to Inner Excellence" is Gary Mack's testamentary reminder to all the athletes out there that your mental attitude influences your success on the field just as much as your physical condition. It's a book filled with anecdotes and practical bits of advice,

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Library of Congress Cataloging-in-Publication Data Mack, Gary. Mind gym: an athlete's guide to inner excellence / Gary Mack with David Casstevens ; foreword by Alex Rodriguez p. cm. ISBN 0-8092-9674-8 (hardcover) - 0-07-139597-0 (paperback) 1. Sports-Psychological aspects. 2. Success-Psychological aspects. I. Casstevens, David . 11. Title.

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Mind Gym Quotes by Gary Mack - Goodreads

Praise for Mind Gym "Believing in yourself is paramount to success for any athlete. Gary's lessons and David's writing provide examples of the importance of the mental game." —Ben Crenshaw, two-time Masters champion and former Ryder Cup captain

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Mind Gym (2001) sheds light on the important role our minds play in physical performance and athletic excellence. These blinks draw on the Mack's work with professional athletes to provide you with the tools you need to acquire a top-performing state of mind.

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