



67 Day Athlete's Winning Mind Conditioning Program: A Daily Journal Mental Training Workbook for Soccer Players

By Jj Wolfe

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Congratulations and welcome to the 67 Day Athlete's Winning Mind Conditioning Program - A Daily Journal Mental Training Workbook for Soccer Players. This program has been created to give your child what they need to program themselves to be successful both on and off the soccer pitch. Even though this program is 67 days they can continue the process for the rest of their life if they so choose to do so. Watch as your child overcomes negativity and negative people on his / her way to developing mental toughness, a champions mind and a relentless pursuit of their soccer dreams and goals with a positive attitude. In this workbook your child will understand the benefits of gratitude, the importance for giving thanks for what they have and the significance of congratulating themselves on positive actions.

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Reviews

I actually started looking over this publication. It really is rally interesting through studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

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