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



Synopsis

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WinningSTATE WinningSTATE-Softball focuses on competing. It shows players how to take their mental game to a winning level. WinningSTATE improves tournament performance by giving players a mental-toughness skillset 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 players who consistently want to bring their "A-Game" to the competitive arena. WinningSTATE inspires players to face the pressure head on, believe in their success, and execute with conviction. Players get the skills to handle the pressure, fiercely compete, and win! Your mind is your most powerful weapon. Train it! WinningSTATE-Softball: The Athlete's Guide to Competing Mentally Tough COMPETE MENTALLY TOUGH! TEAM DISCOUNTS @ winningstate.com

Book Information

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Customer Reviews

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This book helps you to think outside of your mental blocks. It guides you through your doubt and lack of confidence. This book is very inspiring and can change your whole thought process on the game.

I bought this book for my oldest granddaughter who is 13 but plays on a 14,15,16 Travel Fast Pitch Team. She is the teams front line catcher but plays all other positions except pitcher and first base. She would become discouraged many times when she didn't hit well or make plays that went away. This book has much to offer young and older girls alike how to become mentally prepared for all situations. The funniest story about this is the Coach of my granddaughter's team called my son and said to my son, "I have found the greatest book for our team, I think this will help prepare them for playing older teams"! My son then said, "Coach, you are a little behind as my dad bought this book for my daughter two weeks ago"! I have seen small changes in my granddaughter's game playing and she is learning good techniques from the book!

Great book

Decent enough, but some drawn out reading.

Ordered for my 9 year old daughter. She seems to be getting a lot of good info when it comes to the mental aspect of the game. Smaller than I thought it would be, but still has good info.

Great book for all levels of athletes.

Love it!

Excellent book for any parent/coach of an aspiring athlete as well as the athlete themselves.

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