



## The Blueprint for Mental Toughness: Becoming Emotionally Fit and Socially Responsible for the Game of Life!

By Jemiah Battle

Renaj Publishing, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Preparing the mind for any type of sport consists of several aspects-coming to terms with what lays ahead is a good start. After that it s probably a good idea to consider setting goals and mapping out exactly how you plan to achieve them. This causes a lot of anxiety for the athlete without a guide. It is critical for any successful athlete to begin the process of mental strengthening. The mind can embrace this pain by blocking out as much of it as you can while also believing it s all worth it-for this to happen you must find a way to have fun whenever and however possible, and you must have a why. A positive attitude can make all the difference in the world. Without any one of these essential elements, that player is sure to struggle mightily while trying to compete against the best athletes in the world. This is why Mental Toughness is needed! The BluePrint for Mental Toughness, it gives Athletes the blueprint need to be an excellent leader on-and-off the field:...



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