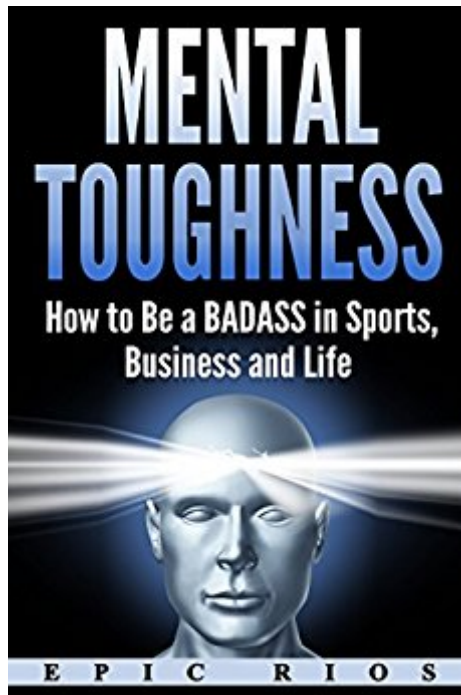




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# Mental Toughness: How To Be A BADASS In Sports, Business And Life



## Synopsis

Do You Want to Dominate in Sports, Business and Life? Then this is the book for you!!! Mental toughness is something that is going to be required in order to help you get through life. Many people believe that mental toughness is something that you are born with and if you do not have it, then you were never meant to have it. However, this is a lie. Mental toughness is something that you are going to be able to develop no matter who you are. In this book, you are going to learn how to use mental toughness in your everyday life and how those people that you may look up to use it. Not only that, but you are also going to learn how to develop: A warrior spirit so that you can deepen the connection you have with your spiritual self. Mental clarity so that you can make decisions while you are under pressure and know that the decisions that you make are the right ones. Intuition so that you can learn that trusting your gut is going to be the best bet, especially when under pressure. Razor sharp concentration to ensure that you are staying focused on your goals. Leadership authenticity which will make you a service oriented teammate as well as a heart centered leader. And finally, self-awareness for the purpose of learning more about your personality, emotions, behavior, motivation and thought process. So Do You Want to Dominate in Sports, Business and Life? Then What are You Waiting For? Buy This Book Now!!!

## Book Information

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## Customer Reviews

I enjoy books that cover there psychological aspect of our lives. This book laid a solid groundwork for how to get the ball rolling to enact change in our lives. Good reading list at the end.

I like this book.i took in a considerable measure about mental perusing this book and it gives me every one of the apparatuses to overcome my stress,anxiety and then some.highly recommended this book.

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