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### **summary**

Mind Gym Review. I like how memorable Mind Gym is, because it uses so many alliterations. Seven C's, three L's, and so on. This makes the concepts easy to recall. Very good book for athletes, but even for mental marathon runners, this one has a lot to offer! Read full summary on Blinkist >> Free Preview >> Learn more about the author >>

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teach and you'll find the exercises fun and beneficial. Jason Kidd, NBA All-Star and Olympic gold medalist.

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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

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Mind Gym: An Athletes's Guide to Inner Excellence is a book that I would strongly recommend to anyone that has ever had experience with competitive athletics or general knowledge of sports. This is a book that I think would be great for teachers and coaches to recommend to their high school athletes or students.

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