

# **Mind Gym: An Athlete's Guide To Inner Excellence By Mack, Gary, Casstevens, David (2002)**

Mind Gym: An Athlete's Guide to Inner Excellence for Outer Performance by Gary Mack, David Casstevens, Ken An Athlete's Guide to Inner Excellence for Outer

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In [this book, the author] explains how the mind influences athletic performance as much as physical skill does, if not more so. Through forty lessons and

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