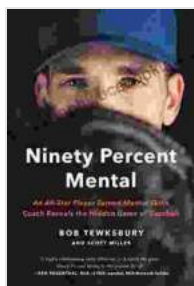


# An All-Star Player Turned Mental Skills Coach Reveals The Hidden Game Of...

Are you ready to step into the arena of your life and play at the top of your game? Imagine having an all-star player as your personal mental skills coach, guiding you to uncover the hidden secrets of peak performance. In this captivating book, a former all-star athlete turned renowned mental skills coach unveils the game-changing strategies that have propelled countless individuals to greatness.



## Ninety Percent Mental: An All-Star Player Turned Mental Skills Coach Reveals the Hidden Game of Baseball

by Bob Tewksbury

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2009 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 258 pages



Through captivating storytelling and practical exercises, this book delves into the realm of mental toughness, emotional intelligence, and the power of mindset. You'll discover how to:

- Identify and overcome the mental barriers that hold you back.

- Cultivate an unshakeable belief in yourself and your abilities.
- Master the art of emotional regulation and stay focused under pressure.
- Develop a growth mindset that embraces challenges and fuels continuous improvement.
- Create a winning mindset that empowers you to achieve your goals and live a life of purpose.

This book is not just a collection of theories but a practical guide that provides you with the tools and strategies to unlock your full potential. Whether you're an athlete, a business professional, a student, or simply someone who wants to live a more fulfilling life, this book will guide you on a transformative journey of self-discovery and growth.

The author, who has worked with top athletes, executives, and performers, shares exclusive insights and behind-the-scenes stories that reveal the mental game behind success. You'll learn how to:

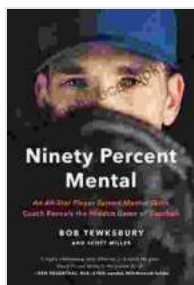
- Set goals that inspire you and drive your actions.
- Visualize success and create a mental blueprint for achievement.
- Manage self-doubt and negative thoughts.
- Build resilience and bounce back from setbacks.
- Find your flow state and perform at your best when it matters most.

This book is your roadmap to unlocking the hidden game of mental skills, a game that can transform every aspect of your life. It's a game where you

have the power to shape your thoughts, control your emotions, and ultimately create the reality you desire.

Don't settle for mediocrity. Embrace the challenge of becoming an all-star in the game of life. Let this book be your guide as you embark on a journey to unlock your true potential and achieve unprecedented success.

Free Download your copy today and start playing the hidden game. The future you've always dreamed of awaits.



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