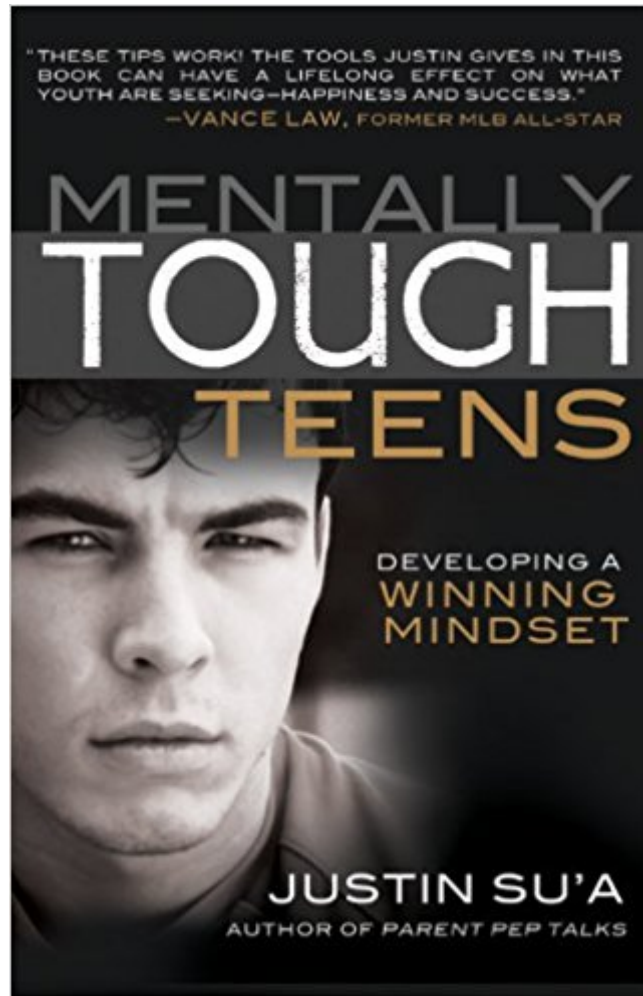




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Mentally Tough Teens: Developing A Winning Mindset



Synopsis

Get your head in the game! Become a champion in sports, school, and relationships using these tips from mental conditioning expert Justin Su'a, who has trained Olympians, professional athletes, and military personnel around the world. This how-to guide of mental toughness trains teens to enhance their motivation, build their confidence, and bounce back from any adversity.

Book Information

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Customer Reviews

Absolutely inspiring! It's not just great for my kids, there are great reminders for me to be a better person and continue to dream big dreams, be kind, be a leader and take responsibility!

Excellent information. However, this book as a log of blank page space as each page offers a philosophical paragraph or two in large print that seldom fills a good many pages. To condense the text would make it a handout rather than an actual book.

This book is good for reading to a 8 year old or up it talks about many things that you will go through in life.

Short, easy to read words of wisdom.

Excellent thoughtful and motivational book for high school aged young people to read.

Great book for all parents to read!

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