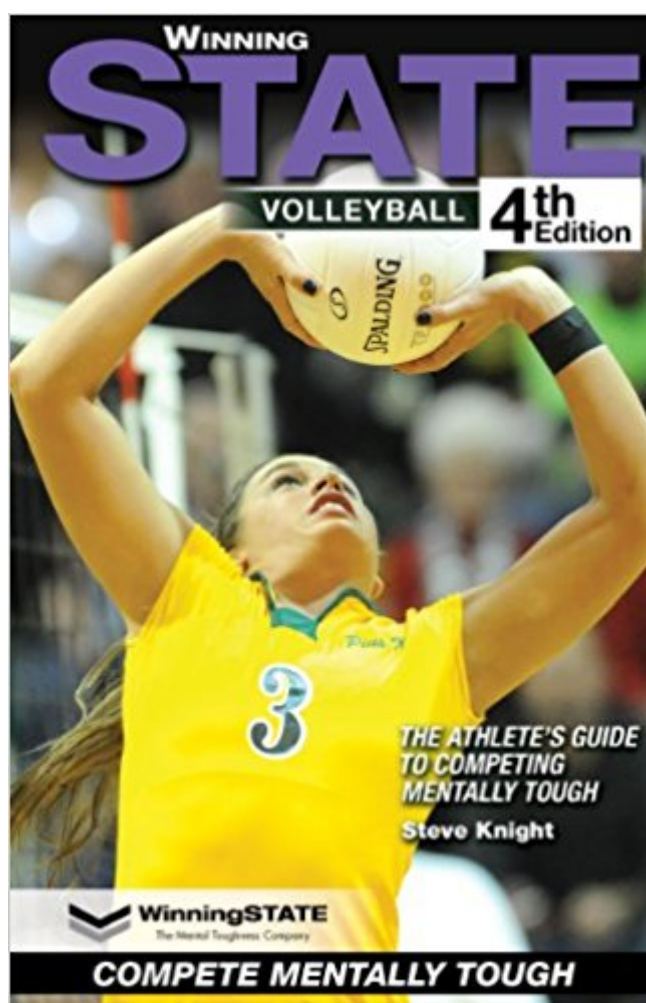




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WinningSTATE-Volleyball: The Athlete's Guide To Competing Mentally Tough (4th Edition)



Synopsis

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WinningSTATE-Volleyball: The Athlete's Guide to Competing Mentally Tough

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Book Information

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Customer Reviews

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Train it!WinningSTATE-Volleyball: The Athlete's Guide to Competing Mentally Tough
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This is a great book for the mental side of the game. It is written for the athlete to read. It has pictures and easy to understand illustrations. The principles are basic and able to help anyone gain more confidence. My wife and I have both been playing and coaching for decades now and we thought it will be valuable for our daughter and her teammates.

Sometimes you give it all you know, you give it all you got, you give it 100% and you still get beat.This guy takes a first person breaking point and turns it into his personal "Winning State" life defining moment.Then, he writes this book and lays it all out there for the taking.Outstanding book for everyone that wants to succeed as bad as they want to breath.

If you have someone who is playing volleyball - get it! Gives a great perspective on the sport and how players should approach their part in it.

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