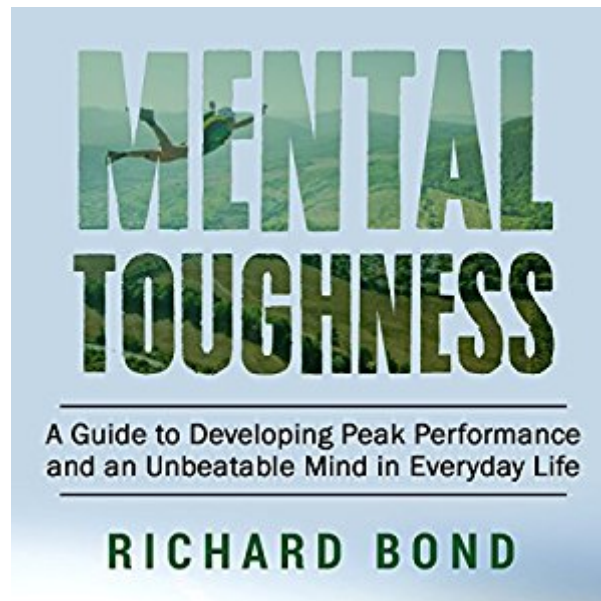


The book was found

# Mental Toughness: A Guide To Developing Peak Performance And An Unbeatable Mind In Everyday Life



## Synopsis

The concepts of mental toughness are simple to understand and, with the right mind set, are easy to implement. Richard Bond's aim is for you to take the understanding you gain from this book to train your mind, just like you would in any other discipline. Knowledge on its own is not enough; you need to practice. For example, you might know how to perform a bench press, but that alone won't allow you to bench 500 pounds. You need to train, rest, grow, and adapt over time to get to that level. The benefits of mental toughness are not restricted to war or sport. They can be utilized in everyday life - doctors, firemen, nurses, business managers, or nine-to-five office workers are all tested on a daily basis, and this book will show you how to develop an unbeatable mind. Here's a preview of what's inside: What is mental toughness and can you have it? Who can benefit from mental toughness? Find your desire - Learn how to find a purpose and strengthen your mind Remove the negative thoughts from your mind and build self-belief Change your state of mind and build your mental strength How can you manage stress? Developing your discipline with these simple methods Determination is a powerful tool to build your mental toughness

## Book Information

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## Customer Reviews

Plenty of ideas of what you need to do to achieve mental toughness but no advice on how to go about it. Grammar and spelling mistakes. This book is only 10% of what I downloaded, another book about training for marathon running is attached to it?????

A complete guide to flexing your mental muscles. Everything on the subject from stress reduction to

setting out clear goals and mentally challenging yourself to acquire success. A very power and positive book on thought strategy. A worthy read!

Looks good free E Book.

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