

WinningSTATE-Men's Basketball: The Athlete's Guide to Competing Mentally Tough (4th Edition)

Steve Knight

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COMPETE MENTALLY TOUGH!

WinningSTATE -Men's Basketball focuses on competing. It shows players how to take their mental game to a winning level.

WinningSTATE instantly improves tournament performance. It gives players the mental toughness skills to eliminate distractions and crush apprehension, so they can execute in competition as well or better than they do in practice.

WinningSTATE is for all ages and abilities. It's for players who consistently want to bring their "A-Game" to the competitive arena.

WinningSTATE inspires players to face the pressure head on, believe 100%, and execute with conviction. Players get the skills to conquer the nerves, fiercely compete, and win!

Your mind is your most powerful weapon. Train it!

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