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### **Mind Gym Book Review Bits of Positivity**

A book that probably every competitive athlete would benefit by reading is Mind Gym: An Athlete s Guide to Inner Excellence by Gary Mack with David Casstevens. As a sports psychology consultant who has worked with professional athletes in every major sport, Gary Mack understands the mental side of competition.

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### **Mind Gym An Athlete's Guide to Inner Excellence Gary**

"I love the book Mind Gym." -- Madison Kocian , 2016 U.S. Women's Gymnastics Team, 2015 Uneven Bars World Champion, as told to Us Weekly In Mind Gym , noted sports psychology consultant Gary Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so.

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### **Mind Gym Summary Four Minute Books**

1-Sentence-Summary: Mind Gym explains why the performance of world-class athletes isn t only a result of their physical training, but just as much due to their mentally fit minds and shows you how you can cultivate the mindset of a top performer yourself.

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