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"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: An Athletes's Guide to Inner Excellence is a book that I would strongly recommend to anyone that has ever had experience with competitive athletics or general knowledge of sports.

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