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PLAY YOUR BEST: HOW TO BE THE ATHLETE YOU WANT TO BE

How To Be The Athlete
You Want To Be

Play Your BEST



Jeremy Boone

Athlete by Design Press, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.What if you could more consistently play your best? What if you could develop a better mindset to take advantage of all of the hard work you put in practice everyday? Imagine the kind of athlete you could be if you learned how to leverage your love for your sport and believe in yourself when...

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