



You vs. You: Sport Psychology for Life

Wayne Mazzoni

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Most of us spend a good part of our lives competing in one way or another. We compete for grades, to get into colleges, for jobs, promotions, to win the love of someone, and of course, in many ways, through athletics. And while to a certain extent we do compete against others, it really comes down to a game against yourself. In sports, and in life, it really is YOU vs. YOU.

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