



# The Mind Game Of Competition

*Kevin Seaman*

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## **The Mind Game Of Competition** Kevin Seaman

These are the 12 Lessons YOU need to develop the Mental Toughness essential to becoming a champion. Using his 30+ years of coaching experience, Master Coach Kevin Seaman unveils some of the most valuable information available on mental performance in his third book on the subject. His Winning Mind Set Performance Program, which this book is based on has been used by thousands of individuals with stellar results and will help you become the athlete you want to be.

The Mind Game Of Competition is geared toward the development of any athlete, young or old. Simple, yet concise The Mind Game Of Competition is an easy read and packed full of cutting edge strategies you can use on a daily basis to help become the best at your GAME you can possibly be! The content of this book is not only important, it is essential for every athlete!

- \***Absorb the MOST critical things you need to know to bring your game to the next level!**
- \***Discover the secrets that are taught by some of the top coaches in the WORLD.**
- \***Find out what separates the extraordinary from the everyone else.**
- \***Capture the KEY to mastering performance under pressure.**
- \***Learn how to Unleash The Power Of Your Mind!**

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