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WIN: PROVEN STRATEGIES FOR SUCCESS IN SPORT, LIFE AND MENTAL HEALTH. (PAPERBACK)



Hachette Books Ireland, Ireland, 2018. Paperback. Condition: New. Language: English . Brand New Book. Visualise your goals and achieve your potential. Easy-to-follow and extremely effective, Win will change the way you think about all aspects of your life. From well-known personality and rugby commentator Brent Pope and psychotherapist and mental skills coach Jason Brennan, Win: Proven Strategies for Success in Sports, Life and Mental Health examines the mindset behind the psychology of winning and how the mental skills applied in...

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- Authored by Brent Pope, Jason Brennan
- Released at 2018



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