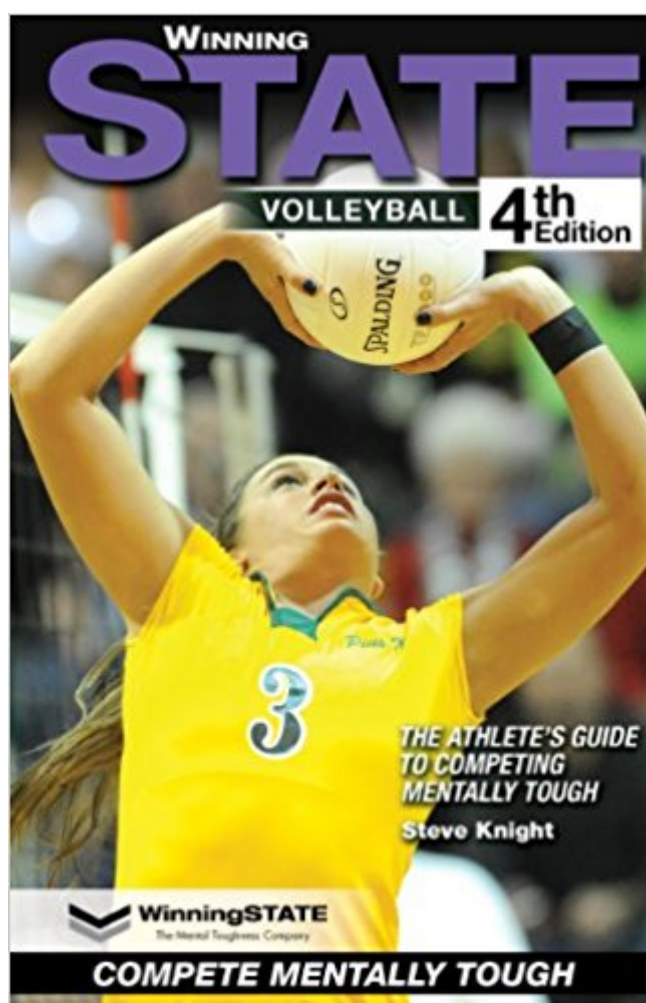




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# WinningSTATE-Volleyball: The Athlete's Guide To Competing Mentally Tough (4th Edition)



## Synopsis

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**WinningSTATE** WinningSTATE-Volleyball focuses on competing. It shows players how to take their mental game to a winning level. WinningSTATE instantly improves tournament performance by giving players a mental-toughness skillset to eliminate distractions and crush apprehension, so they can execute in competition as well or better than they do in practice. WinningSTATE is for all ages and abilities. It's for players who consistently want to bring their "A-Game" to the competitive arena. WinningSTATE inspires players to face the pressure head on, believe in their success, and execute with conviction. Players are better equipped to handle the pressure, fiercely compete, and win! Your mind is your powerful weapon. Train it!

**WinningSTATE-Volleyball: The Athlete's Guide to Competing Mentally Tough** COMPETE MENTALLY TOUGH! TEAM SALES @ [winningstate.com](http://winningstate.com)

## Book Information

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Average Customer Review: 5.0 out of 5 stars 3 customer reviews

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## Customer Reviews

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**WinningSTATE** WinningSTATE's Volleyball focuses on competing. It shows players how to take their mental game to a winning level. WinningSTATE instantly improves tournament performance by giving players a mental-toughness skillset to eliminate distractions and crush apprehension, so they can execute in competition as well or better than they do in practice. WinningSTATE is for all ages and abilities. It's for players who consistently want to bring their "A-Game" to the competitive arena. WinningSTATE inspires players to face the pressure head on, believe in their success, and execute with conviction. Players are better equipped to handle the pressure, fiercely compete, and win! Your mind is your powerful

weapon. Train it! WinningSTATE-Volleyball: The Athlete's Guide to Competing Mentally Tough COMPETE MENTALLY TOUGH! TEAM SALES @ winningstate.com

This is a great book for the mental side of the game. It is written for the athlete to read. It has pictures and easy to understand illustrations. The principles are basic and able to help anyone gain more confidence. My wife and I have both been playing and coaching for decades now and we thought it will be valuable for our daughter and her teammates.

Sometimes you give it all you know, you give it all you got, you give it 100% and you still get beat. This guy takes a first person breaking point and turns it into his personal "Winning State" life defining moment. Then, he writes this book and lays it all out there for the taking. Outstanding book for everyone that wants to succeed as bad as they want to breathe.

If you have someone who is playing volleyball - get it! Gives a great perspective on the sport and how players should approach their part in it.

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