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MACK WITH OAVID CASSTEVENS

FOREWORD BY ALEX ROORIGUEZ

Advance Praise for Mind Gym "For the past eight years Gary "Bat " Mack has been a great help to me and my teams. Mind Gym can help you whether YOll're a player, coach, or manager.

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Mind Gym Summary - Four Minute Books

MicroSummary: "Mind Gym: An Athlete's Guide to Inner Excellence" is Gary Mack's testamentary reminder to all the athletes out there that your mental

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attitude influences your success on the field just as much as your physical condition. It's a book filled with anecdotes and practical bits of advice, which try to teach you how to make your goals SMART and why your mental toughness ...

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Each morning when the kids come in for camp, we start off the day by reading the Sports Psychology book "Mind Gym: An Athlete's Guide to Inner Excellence", by Gary Mack with David Casstevens. The sport psychology consultant, Gary Mack, has worked with some of the

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C's, three L's, and so on. This makes the concepts easy to recall. Very good book for athletes, but even for mental marathon runners, this one has a lot to offer! Read full summary on Blinkist >> Free Preview >> Learn more about the author >>

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