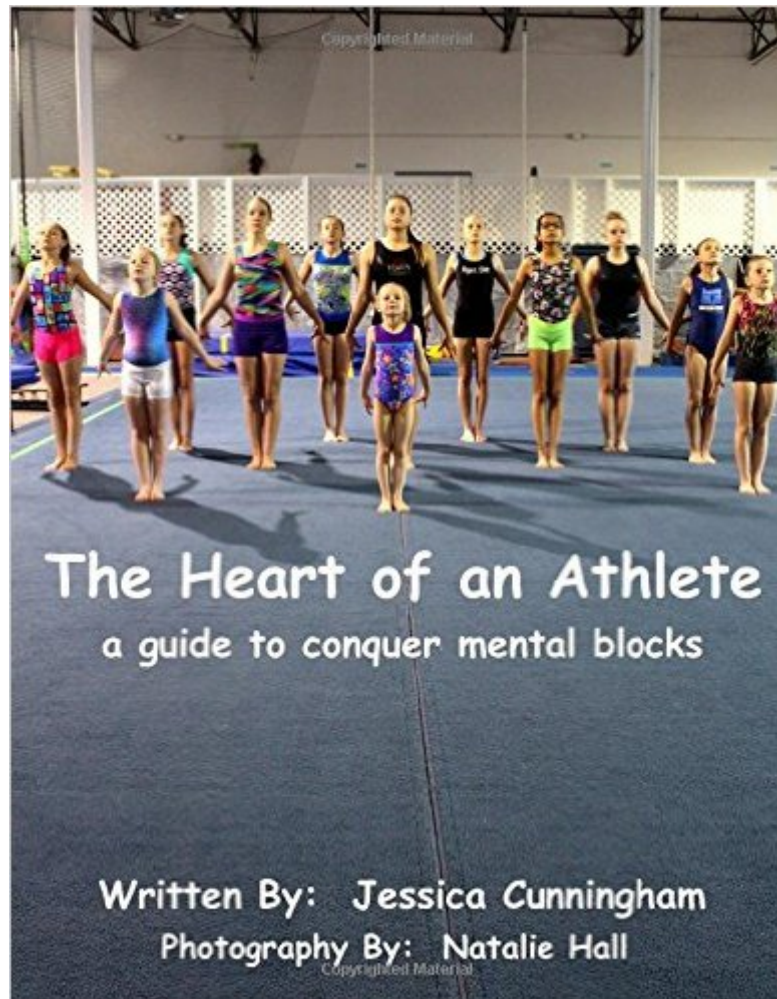


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# The Heart Of An Athlete: A Guide To Conquer Mental Blocks



## Synopsis

The Heart of an Athlete is an interactive, inspirational aid for athletes who struggle with mental blocks. Through 26 entries ranging from self-image, to determination, athletes will be able to achieve new heights and grow into the best version of themselves.

## Book Information

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Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

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