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A Champions Mind Lessons From A Life In Tennis

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Key Lessons from "The Champion's Mind" 1. Look in the mirror every day 2. Use the power of visualization 3. Don't be a cry-baby. Look in the mirror every day. This is a long-term

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prescription that will remind you whether you're making progress or not. It will keep you eager and determined to take right actions.

~~The Champion's Mind PDF Summary – Jim Afremow | 12min Blog~~

Champions are mindfully aware of the noise between their ears and know when they have mastered their minds nothing can get in their way. “Who is in control of your mind? You are.” – Aubrey Marcus. 5. Champions do not give up – they are committed to success “Fall down seven times and stand up eight.” – Japanese Proverb. Champions do not give up.

~~How to have the mindset of a champion – Lifehack~~

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MIND MASTER Winning Lessons from a Champion's Life
VISWANATHAN ANAND with Susan Ninan. First published in
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?Pete Sampras is arguably the greatest tennis player ever, a man whose hard-nosed work ethic led to an unprecedented number one world ranking for 286 weeks, and whose prodigious talent made possible a record-setting fourteen Grand Slam titles. While his more vocal rivals sometimes grabbed the head...

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Feed the right wolf. Train like you are No.2, but compete like you are No. 1. Focus on your performances, not on unwanted outcomes. To perform at a champion's level, you must cultivate long-term memories for your success, and short-term memories for your failure. You can hate to lose, but don't be afraid to lose.

~~Book Summary: The Champion's Mind by Jim Afremow, PhD~~

Welcome to Champions Of Mind - the weekly podcast bought to you from the UK's most in-demand coaches Rhys and Llewellyn Davies alongside host James Burt. Each week the boys bring you the strategies, mindset and actionable tips

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