



Peak Performance: Mental Training Techniques of the World's Greatest Athletes

By Charles A. Garfield, Hal Zina Bennett

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Dr. Charles Garfield is a leading authority in sports psychology and a former world-class weight lifter. He reveals the Olympics-tested secrets of how to attain peak performance; learning how to break through all your self-imposed barriers of strength and endurance - and reach for and achieve all the potential you truly have.

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