



## Think Like an Athlete: 57 Ways to Achieve Your Life Goals

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By David Nicholson

Hardie Grant Books. Hardback. Book Condition: new. BRAND NEW, Think Like an Athlete: 57 Ways to Achieve Your Life Goals, David Nicholson, Being an elite athlete requires you to plan, train and perform - methods which are required to be successful in almost any arena of life. Think Like An Athlete teaches people from all ages, stages and professions to train their minds effectively to achieve their goals, whether it's sticking to a fitness regime, getting a promotion or even saving for a holiday. With inspiring quotes and stories from real-life sports successes, and stylish illustrations throughout, readers can dip in and out of Think Like An Athlete for inspiration, advice and wisdom. Covering topics such as adopting a clear vision, setting daily small goals, dealing with inner dialogue and stress, David Nicholson explores the approaches and methods of athletes and shows how we can apply the same principles to our own lives to achieve the success we desire.



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### Reviews

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