

WinningSTATE-Volleyball: The Athlete's Guide to Competing Mentally Tough (4th Edition)

Steve Knight



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WinningSTATE-Volleyball focuses on competing. It shows players how to take their mental game to a winning level. WinningSTATE instantly improves tournament performance by giving players a mental-toughness skillset to eliminate distractions and crush apprehension, so they can execute in competition as well or better than they do in practice.

WinningSTATE is for all ages and abilities. It's for players who consistently want to bring their "A-Game" to the competitive arena. WinningSTATE inspires players to face the pressure head on, believe in their success, and execute with conviction. Players are better equipped to handle the pressure, fiercely compete, and win!

Your mind is your powerful weapon. Train it!

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