



Toilets, Bricks, Fish Hooks and PRIDE: The Peak Performance Toolbox EXPOSED - Updated 2nd Edition

Brian Cain

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This book is for people looking for simple yet effective ways to improve their performance. This book is about what has worked for real coaches and athletes in real settings. This is an applied sport psychology book and not a theoretical based book full of BS. This down and dirty HOW TO will give you insight and information you can use to help unlock your potential and perform at your best when it means the most.

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