



Winning Isn't Normal

Keith F. Bell

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This timeless bestseller, by internationally known sports psychologist Dr. Keith Bell, motivates the reader to do what it takes to win and to make the pursuit of excellence fun. Comprised of short easily-read and easily-applied sections, this book bursts with wisdom in order to prepare the reader for optimal performance, taking charge, creating a winning environment, un-limiting, and more.

The strategies are readily applied to any sport, as well as in business, performing arts or most any endeavor.

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