



The Inner Game of Wrestling

Brian Daly

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Imagine that, your current thinking guaranteed that you would never reach your goals. Imagine that, no matter what, you are conditioned for a certain level of success, nothing more, nothing less. Inside Book You Will Get:

- Why the old school model of working harder & longer, being stronger and faster than your opponent does NOT work and why you MUST IMMEDIATELY train your INNER GAME.
- How to master your In the Match Mindset to DOMINATE in those critical moments that matter most.
- Why you need to continue to work on your strengths and completely forget about your weaknesses. And how you and your coach can identify and understand your preferred coaching and communication styles.
- I will prove to you that learning another setup, finish, take down or turn does not necessary mean you will get better results in competition.
- The truth that only focusing on the technique of wrestling is only 33% of the total package.
- If you do not understand and apply this training, you will take on the additional risk of not accomplishing your goals. You will waste so much valuable time focusing only on the 1 dimension of the sport.
- The simplest Making Weight Management Process that will increase energy, decrease recovery time and decrease the chances of getting sick during the season.
- How to identify a wrestler with a limiting belief and who to contact to shift it.
- The most hands-on and effective method of activating the part of your mind that helps you solve challenges long after you are actively thinking about them.
- How to really explain mental toughness and how to tap into its subconscious power.
- Discover how you can DOMINATE in the critical moments that separate State Placer & All American's from the rest.
- How to identify a wrestler with a limiting belief and what to do to break through the limiting belief.
- And much more, so read on! As a Bonus, This book includes with it a copy of "As a Man Thinkith" by James Allen. This book alone has sold over 70,000 copies.

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