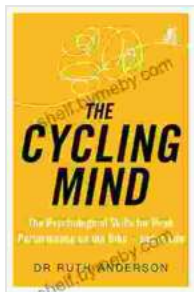


Unlock Peak Performance: The Psychological Skills for Triumph on Two Wheels and Beyond

From the pages of "The Psychological Skills for Peak Performance on the Bike and in Life," discover the secrets to unlocking your full potential both on the bike and off.

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The Cycling Mind: The Psychological Skills for Peak Performance on the Bike - and in Life by Matt Fitzgerald

★★★★☆ 4.3 out of 5

Language : English
File size : 2643 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 257 pages

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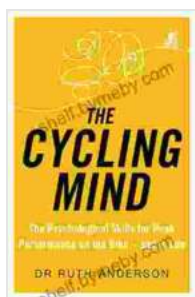
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About the Author

Dr. Jim Taylor is a renowned sports psychologist who has worked with elite athletes in a variety of sports, including cycling, golf, tennis, and basketball. He is the author of several books on sports psychology, including "The Psychology of Success" and "Mental Toughness." Dr. Taylor is a professor in the Department of Kinesiology at the University of Georgia.

Visit Dr. Taylor's website



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