

The Heart of An Athlete: A Guide to Conquer Mental Blocks

Jessica Lynn Cunningham



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The Heart of An Athlete: A Guide to Conquer Mental Blocks Jessica Lynn Cunningham The Heart of an Athlete is an interactive, inspirational aid for athletes who struggle with mental blocks. Through 26 entries ranging from self-image, to determination, athletes will be able to achieve new heights and grow into the best version of themselves.

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