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By Gary McDonald

Driven Publishing, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Written for the student-athlete, this short read is filled with precise steps to guide any student to excel in both academics and athletics. Gary McDonald has created a road map to success that, according to a parent of a committed college baseball player, opened my son's and my eyes with a specific program that attacks and defeats the blocks in the mental side of life. That's LIFE, not just baseball. Gary's program answered questions for us in a matter of minutes that I had spent two years trying to find the answers to. This program should be instituted in everyday life. In one day, I have seen a change in my son's focus and performance levels. I, too, have begun to follow these steps in my own life. I sense a change in how I see and do things. Being mentally lazy is what holds everyone back from achieving success in all parts of life. Many thanks to Gary and Kelly. This is the best thing I have learned in my 50 years of living. I wish I had...

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