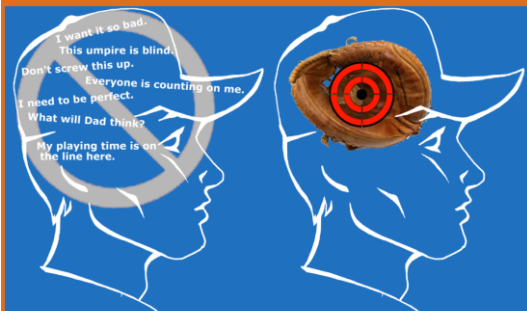


# A Coaching Manual for Mental Skills Training

Connecting *Potential* to **Performance**



by Aaron Weintraub

**You can do it! Coach Traub can help.**

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