

# Advanced Mental Toughness Training For Wrestlers Using Visualization To Control Fear Anxiety And Doubt

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## **Advanced Mental Toughness for Sport      The Courage to Win**

February 14th, 2019 - Have you ever watched an athlete like Michael Jordan Wayne Gretzky or Tiger Woods put on a display of incredible mental toughness Where this athlete showed a profound ability to stay in control and triumph when facing setbacks and adversity

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