



Gold Medal Mindset: 90-Day High Performance Sport Mental Training (It's All BS! We're All Wrong, And You're All Right!)

Dr Jason Richardson MBA

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Why do some people thrive while others just merely survive? How do you push through when things are down? What are the skills to short-circuit your fear or doubt? Inspired by the book, “It’s All BS! We’re All Wrong, And You're All Right!” Dr. Richardson and Dr. Irwin created #GOLDMEDALMINDSET for athletes wanting to take their mental game to the next level. Learn the Mental skills, Gain confidence, and harness your strengths so you can go after what you want with certainty. Learn mindset and DO the exercises that will stretch you OUT OF YOUR COMFORT ZONE and in CONTROL OF YOUR SPORT!

#GoldMedalMindset - 90-DAY High Performance Sport Mental Training Build the Belief - Every action and result begins with a BELIEF. Get Hi-Per Active - High Performance requires ACTION. Sustain YOUR Success / Lifestyle - Excellence is a HABIT.

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