



# WinningSTATE-Baseball: The Athlete's Guide to Competing Mentally Tough (4th Edition)

*Steve Knight*

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WinningSTATE-Baseball focuses on competing. It shows players how to take their mental game to a winning level. WinningSTATE improves tournament performance by giving players a mental-toughness skillset to eliminate distractions and crush apprehension, so they can execute in competition as well or better than they do in practice.

WinningSTATE inspires players to face the pressure head on, believe in their success, and execute with conviction. WinningSTATE is for all ages and abilities. It's for players who consistently want to bring their "A-Game" to the competitive arena. Players get the skills to handle the pressure, fiercely compete, and win!

Your mind is your most powerful weapon. Train it!

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