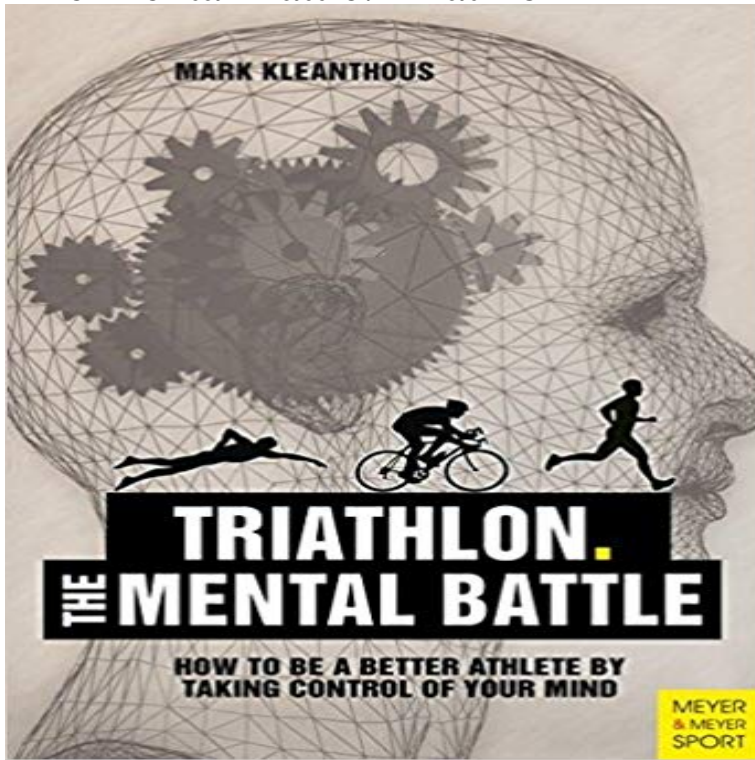


The Mental Battle. Triathlon



This book explains how to mentally prepare for triathlon and ultra-distance endurance events. Once you consider taking part in competing, you increase the risk of a mental melt down. This book will help you develop an automatic response mechanism to deal with doubts and fears. The book is not mental toughness but learning how to train the mind.

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